

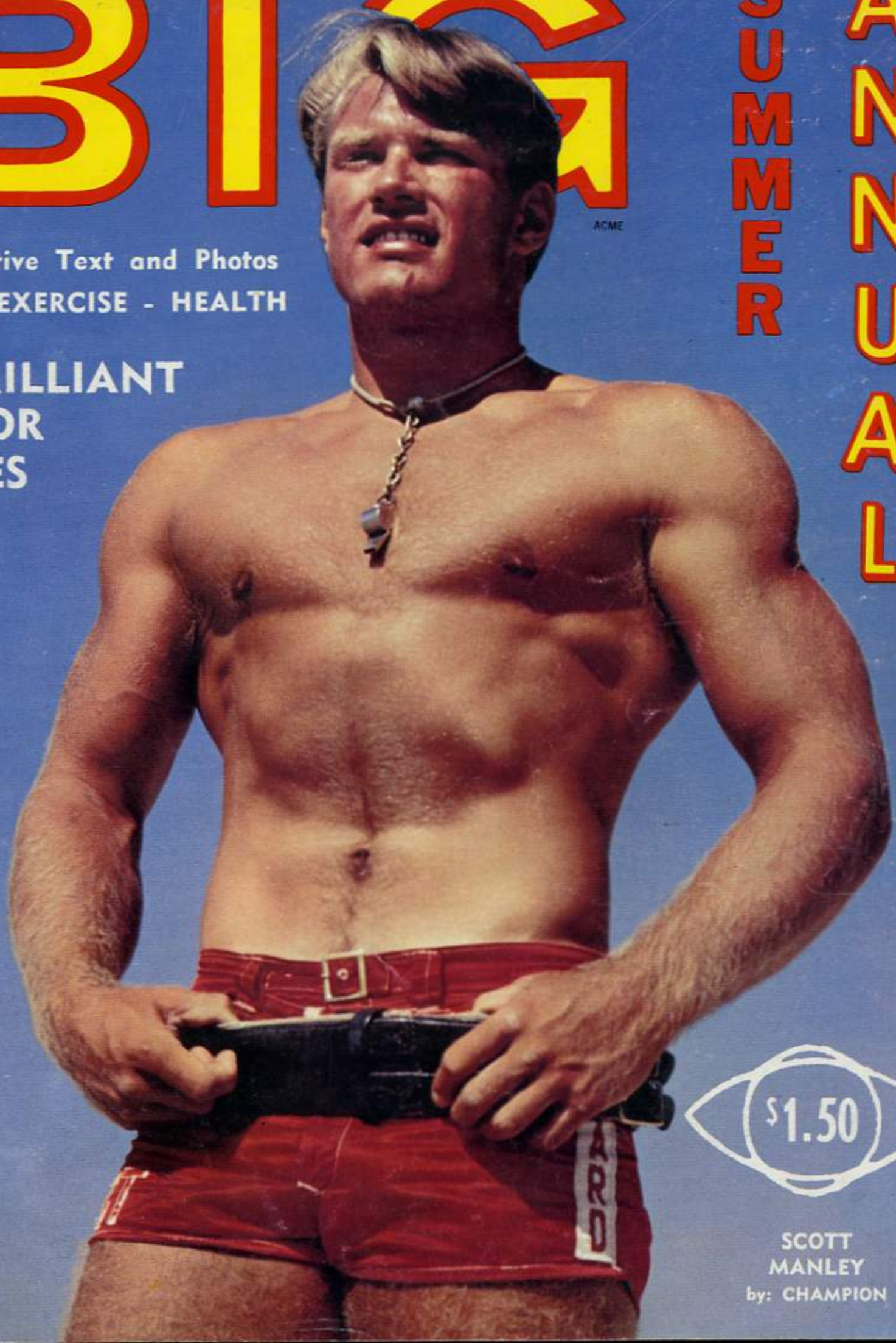
BIG

ACME

SUMMER
ANNUAL

Instructive Text and Photos
ART - EXERCISE - HEALTH

8 BRILLIANT
COLOR
PAGES



SCOTT
MANLEY
by: CHAMPION

THE OLD SWIMMING HOLE

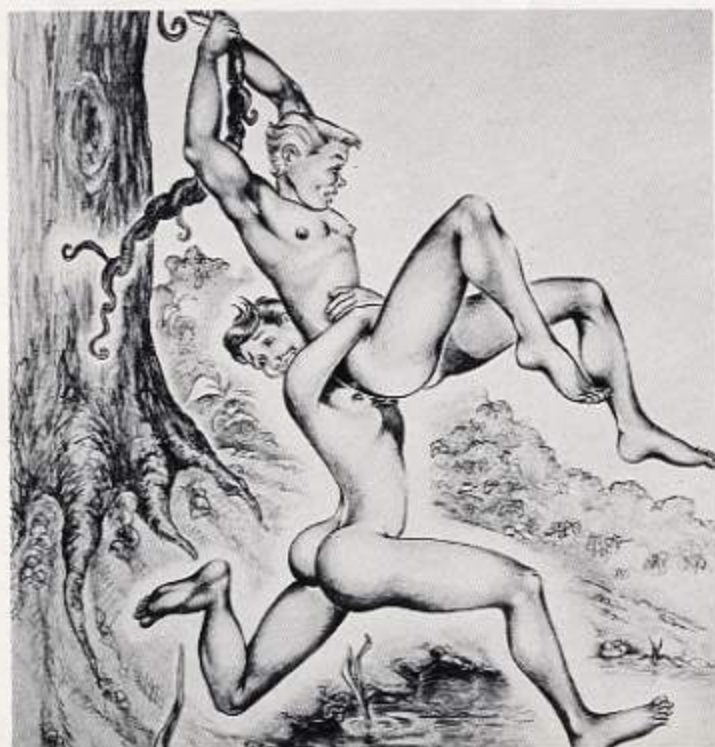


No more reading,
No more studies;
Goodbye to teachers—
Hello, buddies!

Summer is here,
And schooldays are past.
It's off to the swim hole,
Lickety fast.

If with our clothes,
Blow up a tube
Dash for the water,
Last in is a boob.

Playing and swinging
From an old oak tree
Lend wonder and laughter
To moments carefree.



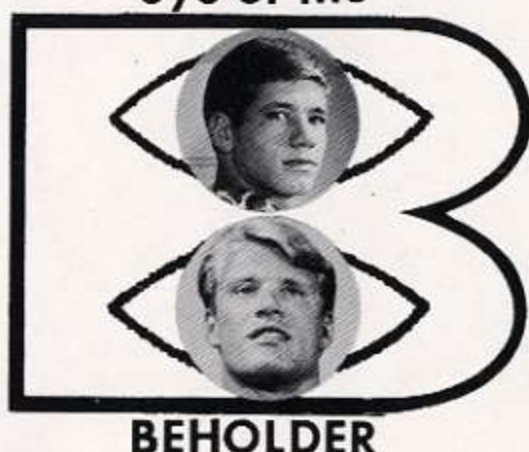
THE **BIG** VIEW

BIG's point of view should serve to inspire the development toward perfection of the mind, body and spirit.

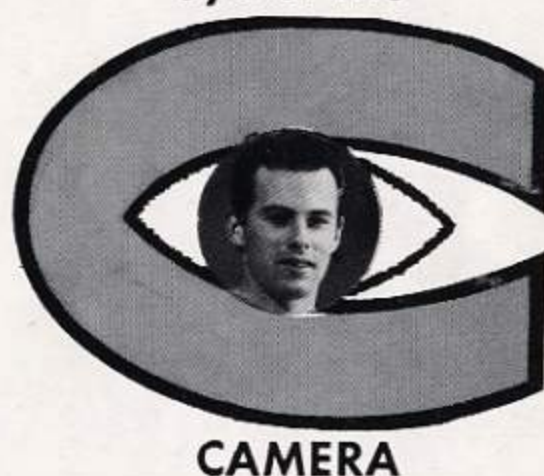
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CHAMPION STUDIOS, keeping in their fine tradition, offer, in this issue, more of the distinguished photography seen by the leading physical culturists of our time. The vivid, husky work of the camera in action, capturing, for the Artist and Student, the truth of movement, coordination, and physical development of the youth of today.

The following pages of these sensational culturists and models, exquisite as they are, are but a small selection of the dynamic photographs available from the cameras and laboratories of CHAMPION STUDIOS.

The quality of BIG is further maintained by the lively information found in our featured articles, Health Aids and Physical Development Instructions.

**NOW TURN
OVER...**

And find for yourself how
these pictures attest to
the claim of champions

**SEE
PAGE
60**

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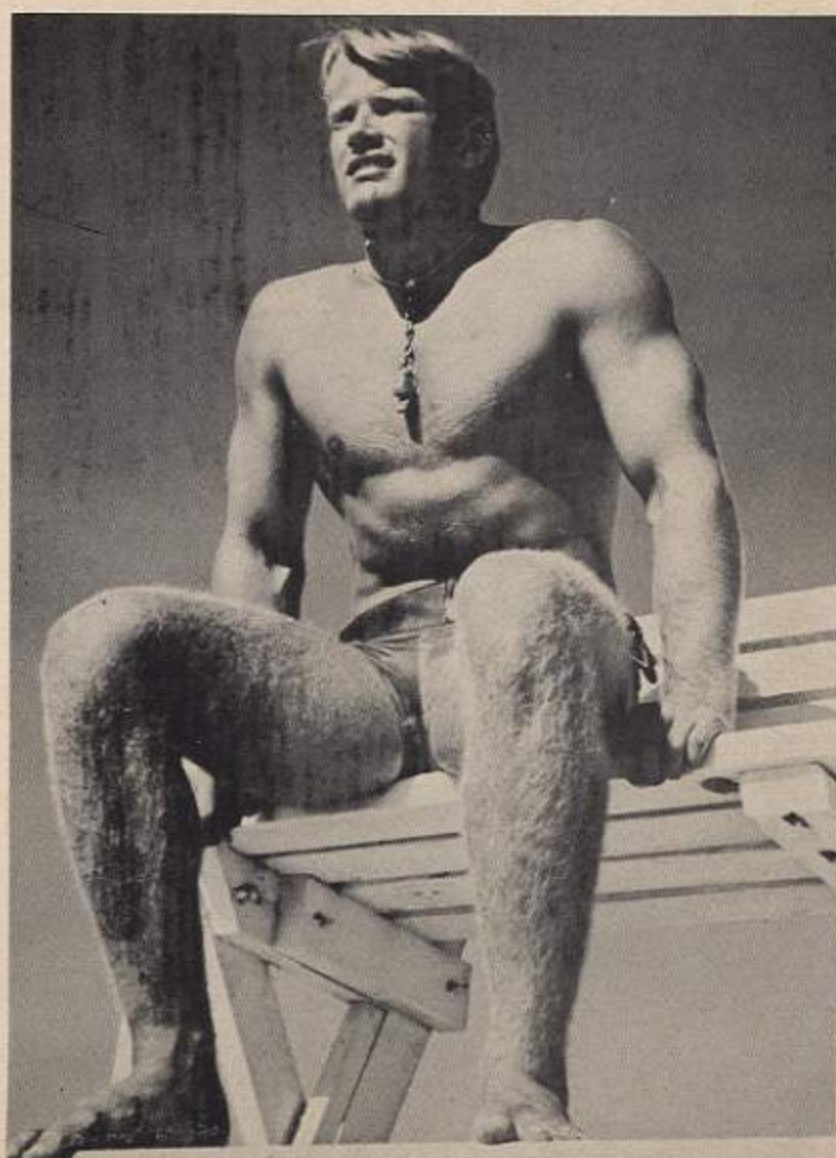
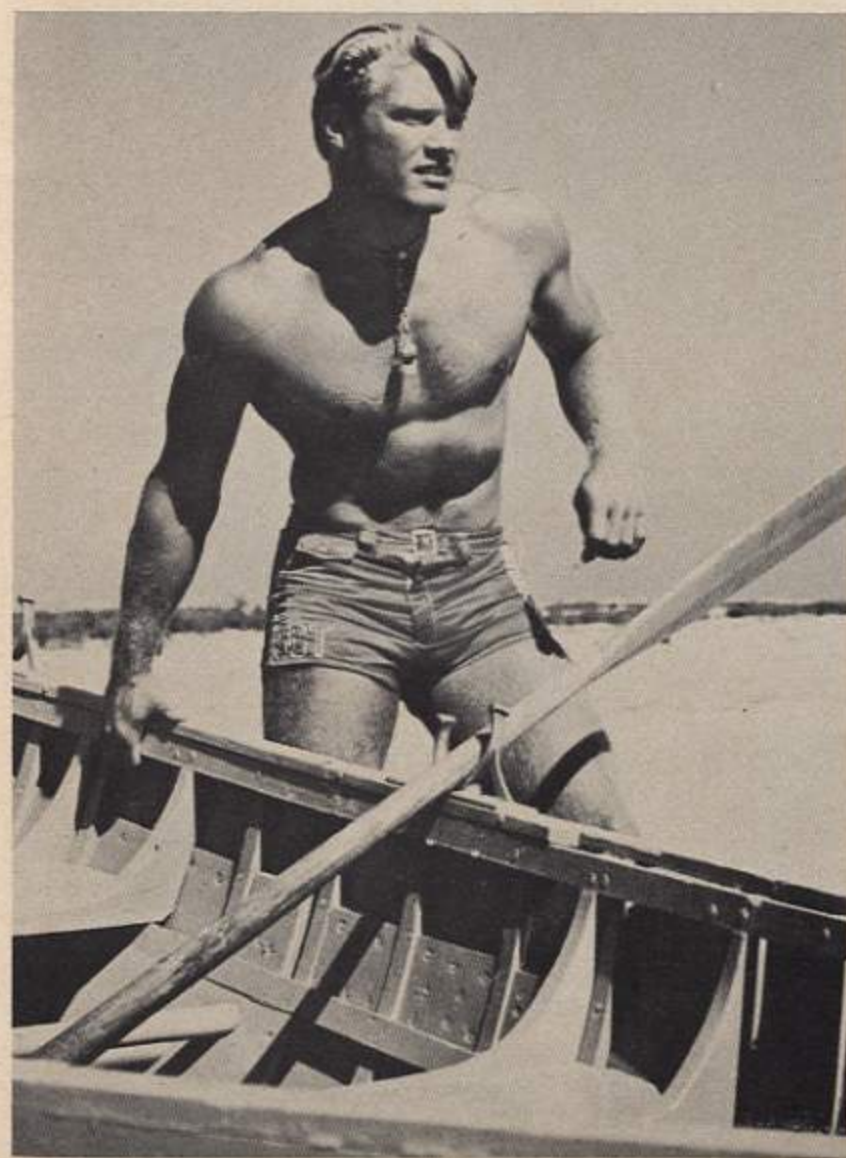
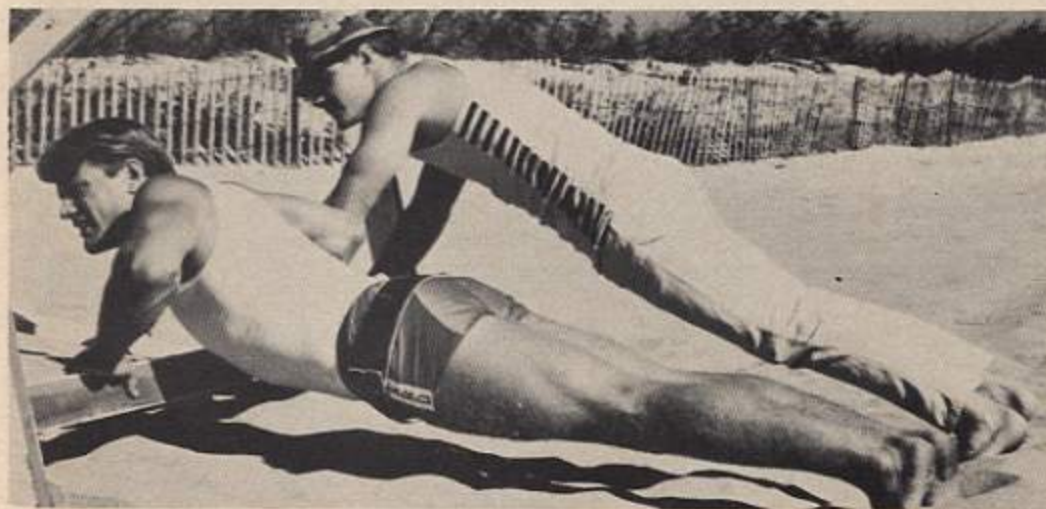
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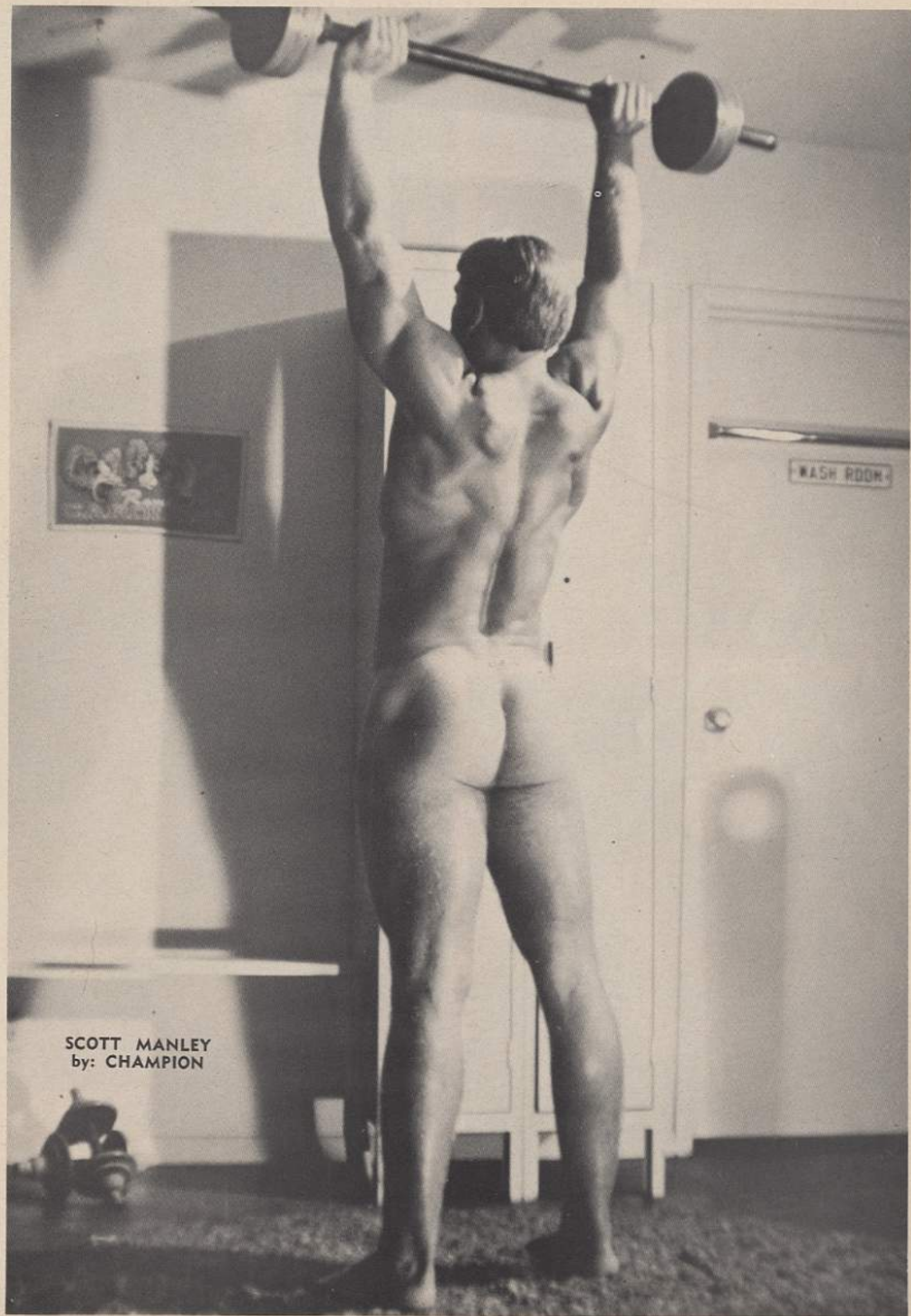
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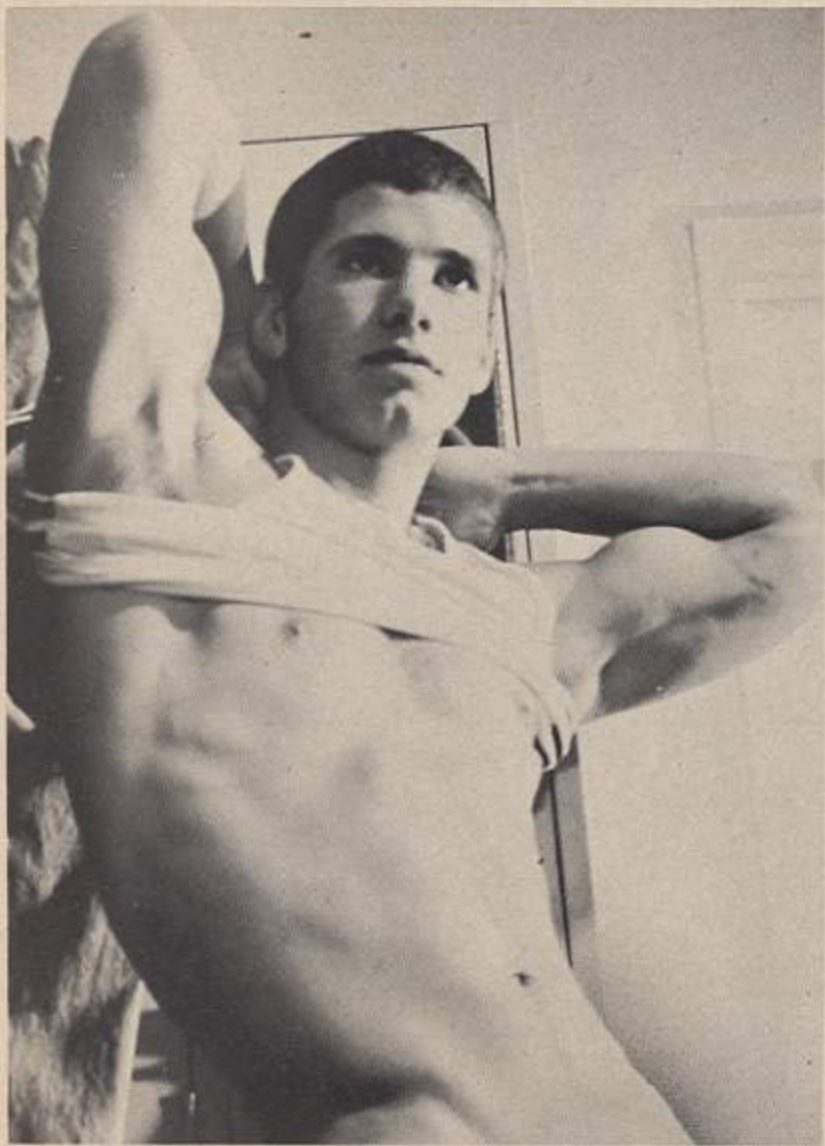
Adonis - like, powerful **SCOTT MANLEY** further develops his already-fine physique at the beach — where he is a lifeguard. Those muscles running through **SCOTT's** back and arms attest to his strength and skill at swimming.





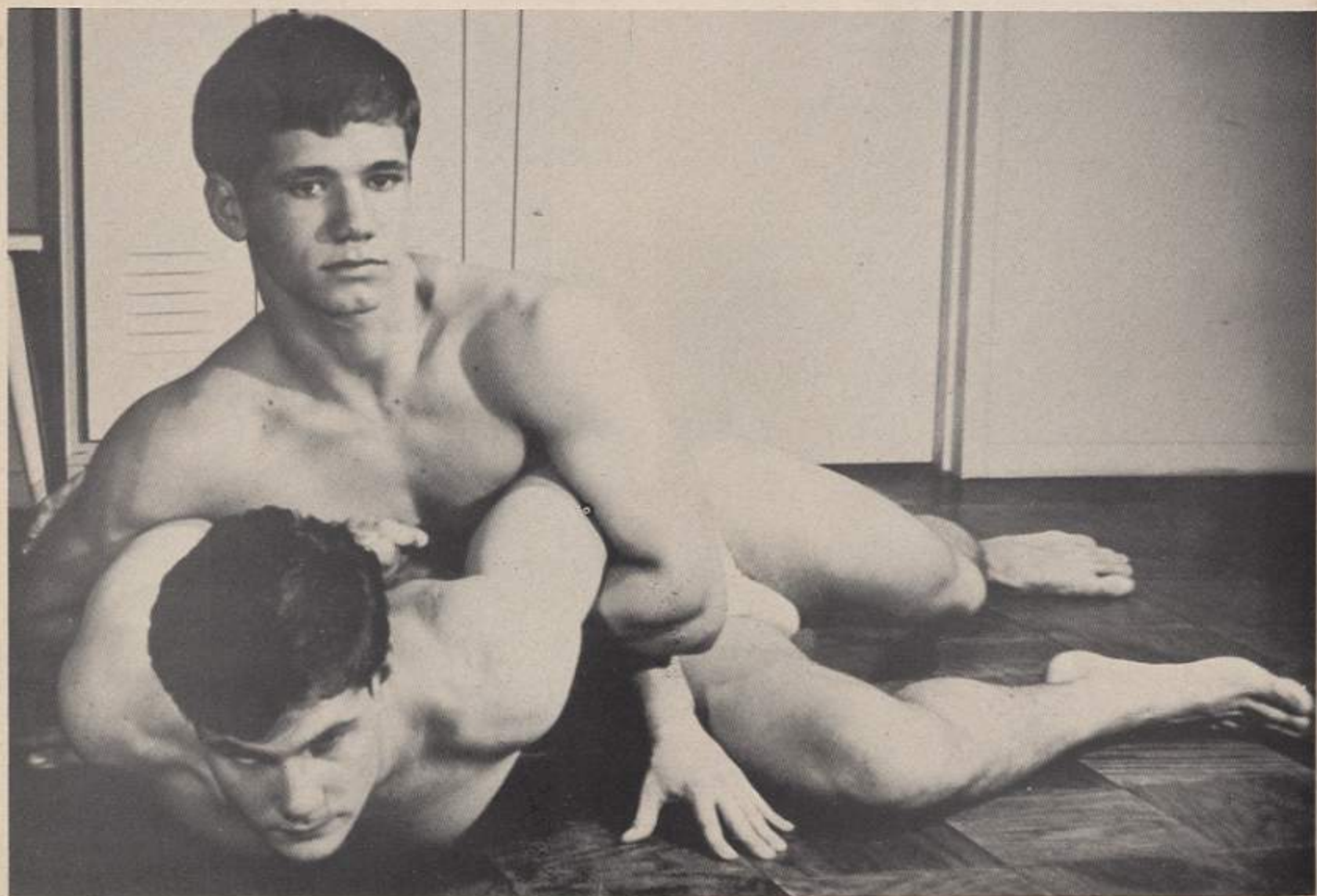


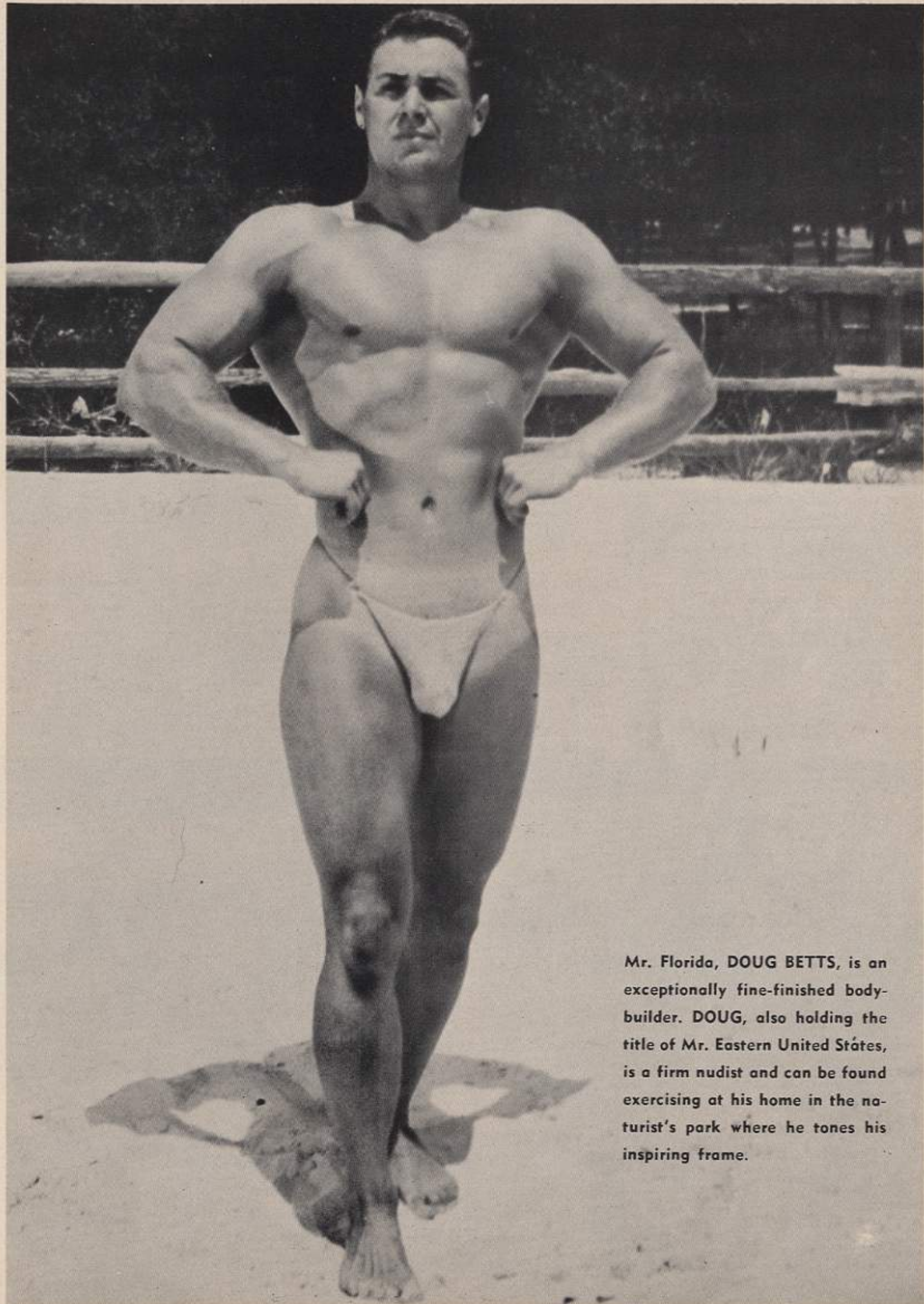
SCOTT MANLEY
by: CHAMPION



Adventurous ROD BAUER, 19 year old wrestling champ from Pennsylvania, is a 6' 1" stack of muscle. Impeccable muscular formation linked with coordination and consistent work-outs are ROD'S forte as he maintains a top-notch ability, along with the firmness in these long, angular legs and impressive stomach and waistline. ROD relaxes only long enough to regain energy for more of the physical activity that marks his goal: ready for a match at anytime.







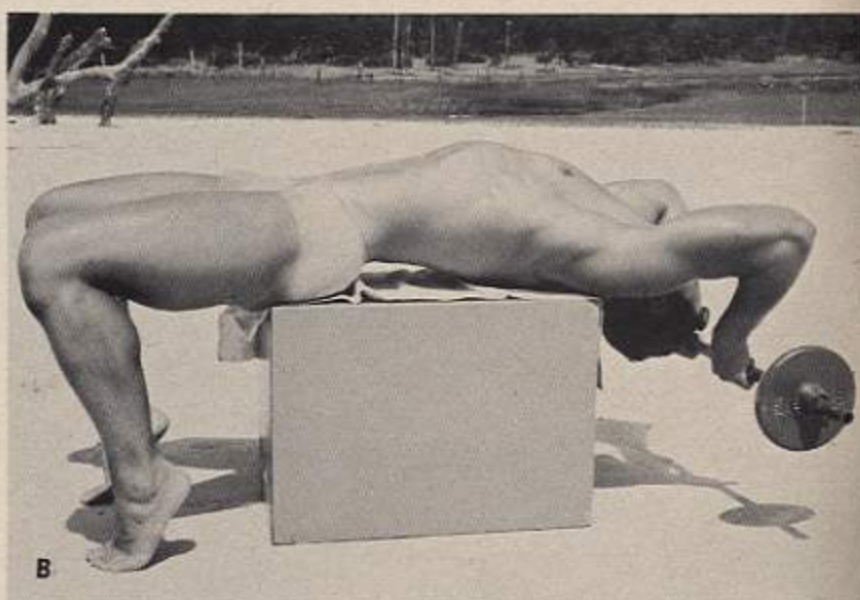
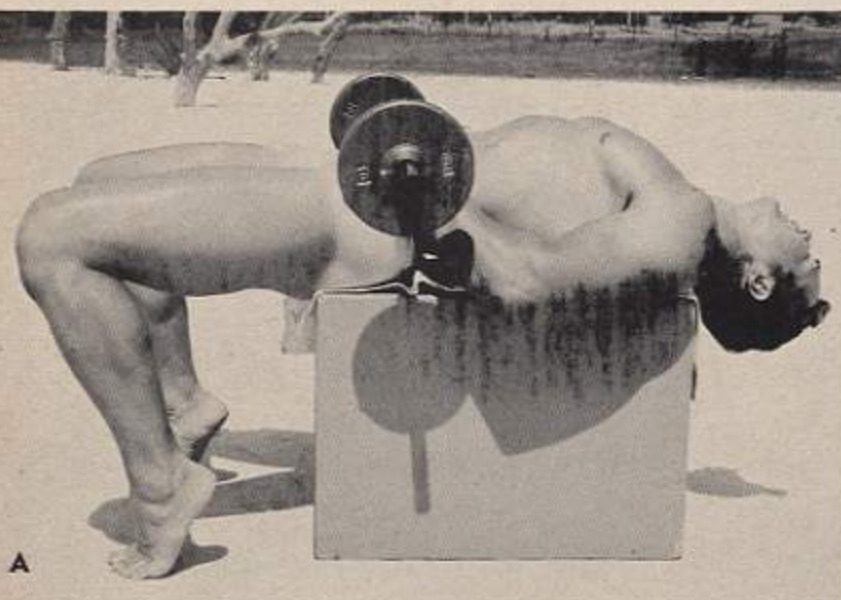
Mr. Florida, DOUG BETTS, is an exceptionally fine-finished body-builder. DOUG, also holding the title of Mr. Eastern United States, is a firm nudist and can be found exercising at his home in the nudist's park where he tones his inspiring frame.

DO YOU WANT TO GAIN WEIGHT?

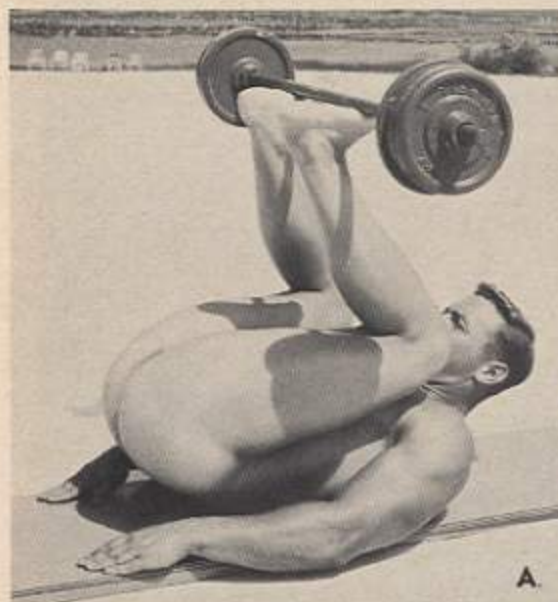
So much is given to the overweight problem in America that little emphasis is placed on the fact that many people need to **GAIN** weight. It is estimated that about 70 million Americans are underweight according to the medical height and weight charts in use today. These charts classify the human body into three categories: small, medium and large bone types, and normal bodyweights are listed according to age, body type and height. Anyone who is 20 percent or more below his best bodyweight, is considered to be underweight. While being underweight is not as dangerous as being overweight, it can cause body fatigue and poor physical stamina. Underweight people have less resistance to disease and are more susceptible to disease than people of normal bodyweight. Colds are more prevalent among the underweight and so is Tuberculosis.



THE PARALLEL SQUAT is one of the best for gaining weight because it uses the biggest parts of the body and stimulates the internal organs and respiratory system. Take standing position as in fig. A. with a comfortable weight. Inhale as you slowly bend legs as in fig. B. Exhale. Inhale as you stand erect. Exhale. Repeat entire movement 5 times and increase to 10 reps and 3 sets.

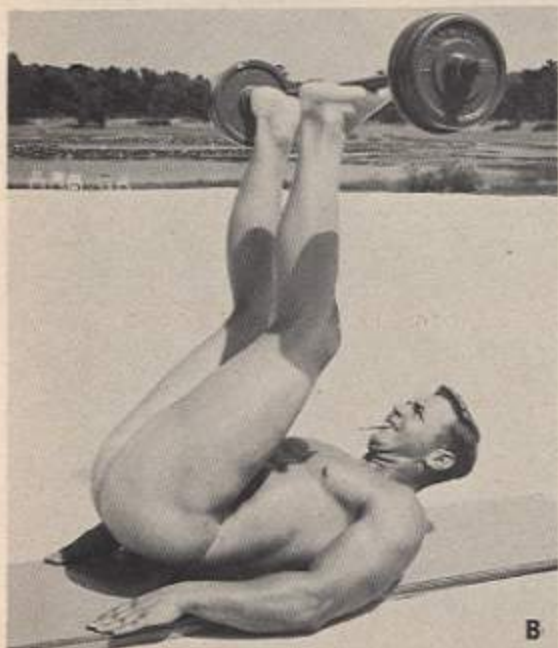


THE BENT ARM PULLOVER increases the size of the chest and improves the respiratory system. With a light dumbbell, assume position in Fig. A and inhaling deeply and keeping the arms bent, raise the weight slowly over the chest and past the head toward the floor as in Fig. B. Exhale. Then, inhale as you slowly raise the weight and return it to starting position. Do 5 reps and increase to 10 and 2 sets.



A

THE LEG PRESS is a wonderful exercise to strengthen all the internal organs as well as the entire legs. Low heeled shoes should be worn to help keep the barbell in place. A companion should stand by to help adjust and balance the weight on the feet. From the starting position shown in Fig. A, inhale and straighten out the legs as you raise the weight perpendicularly as in Fig. B. Exhale as you slowly lower the weight back down. Do about 6 reps and increase to 10 and 3 sets.

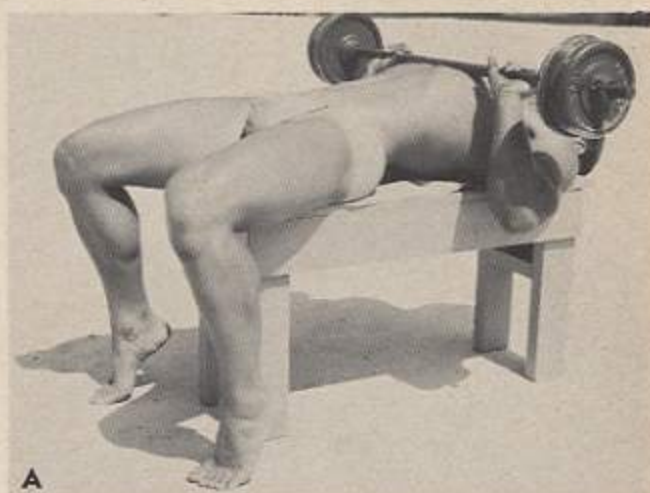


B

THE REGULAR DEAD LIFT is the best known exercise for developing the back and for gaining weight. Bend the knees and keep the back flat as shown in Fig. A. Then, keeping the arms locked, slowly inhale as you lift the weight by straightening the legs until an erect position is reached. Lift up the chest and drop the shoulders back and down. Exhale as you lower the weight as in Fig. B. Do 8 times and slowly increase to 12 reps and 3 sets.



THE HALF SQUAT is a great weight gaining exercise and most anyone can use at least 30 lbs. to start. Place barbell on ground, straddle and lift it till you stand erect. Take a deep breath and lower the weight as illustrated. Do not bend legs any further than depicted here. Exhale as you straighten legs. You should alternate the hand positions regularly. Do at least 6 reps and increase to 10 and 3 sets.



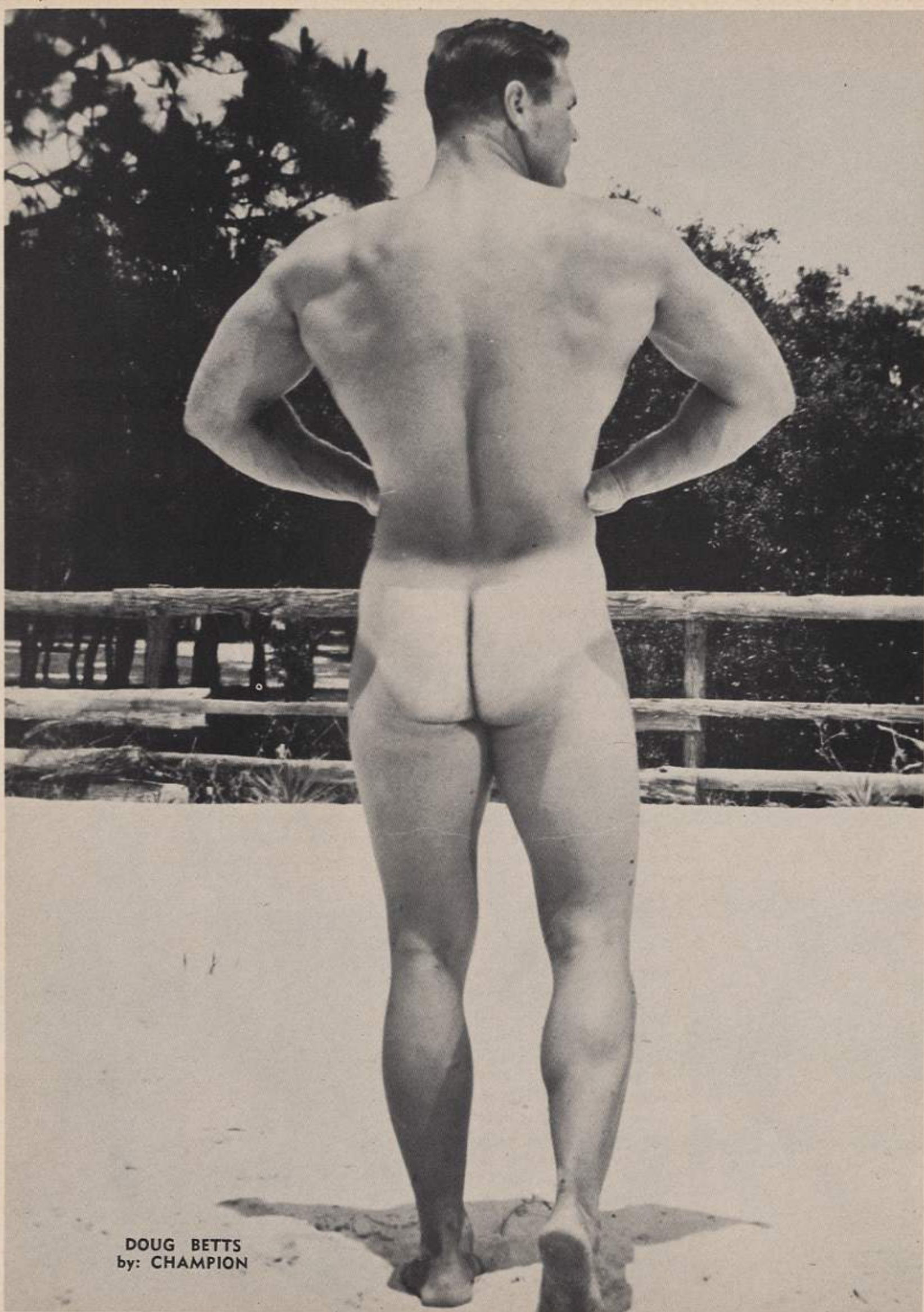
A

THE BENCH PRESS promotes development for the entire upper body as well as for the arms. A buddy may help place the barbell in position if necessary. Assume position shown in Fig. A. Then inhale as you press the weight up as shown in Fig. B. Exhale. Then inhale again as you lower the weight to the starting position. Exhale. Repeat entire movement 5 times and increase to 10 reps and 3 sets.



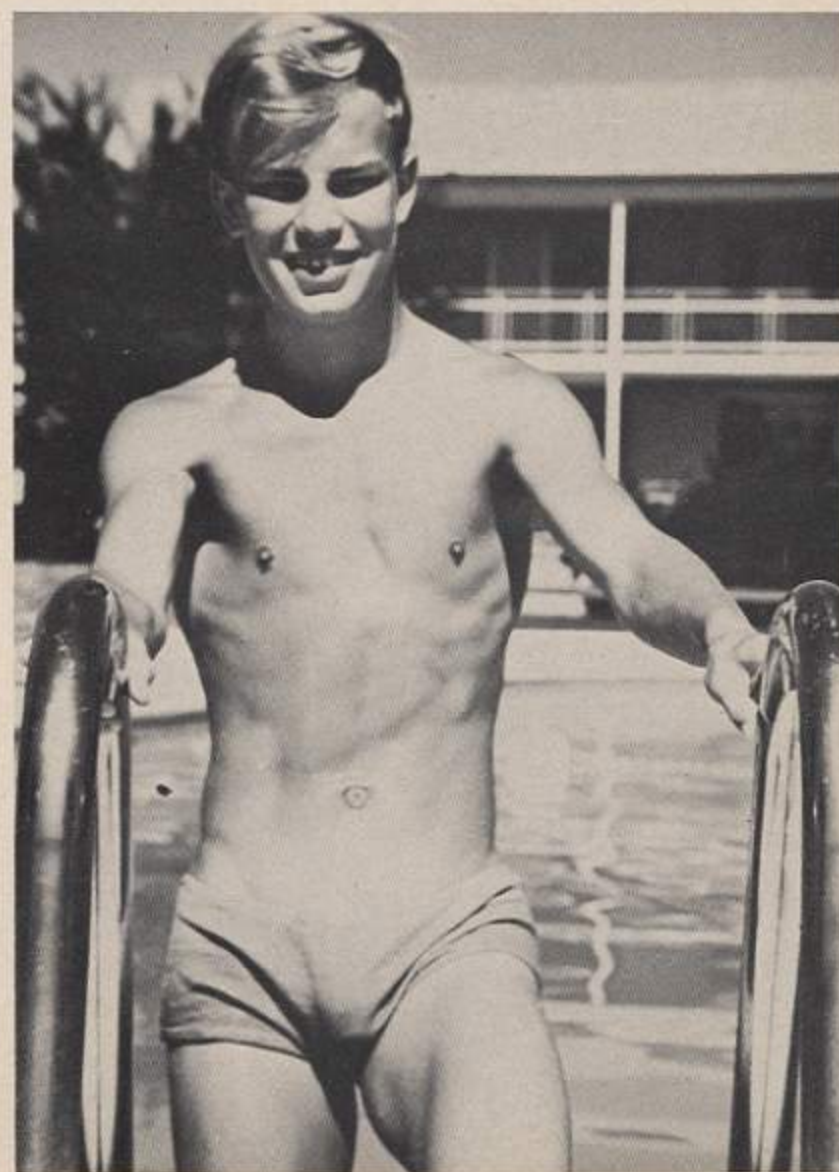
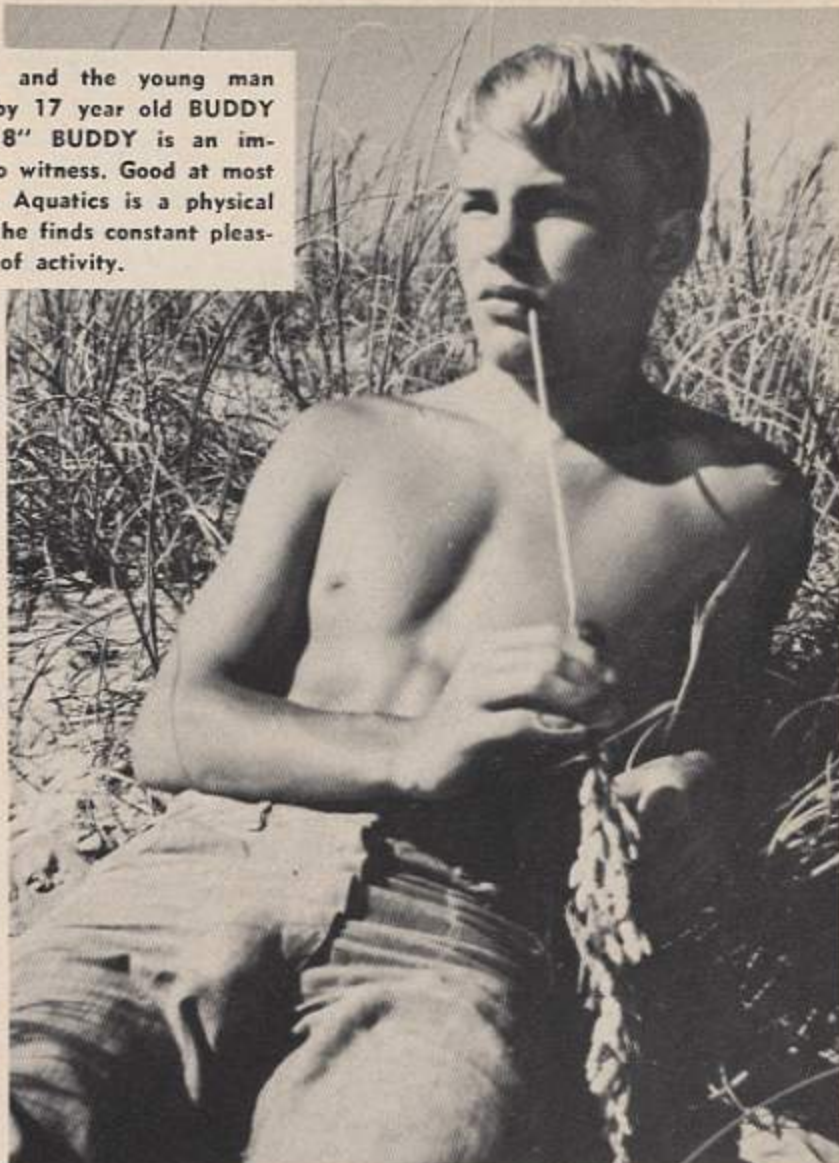
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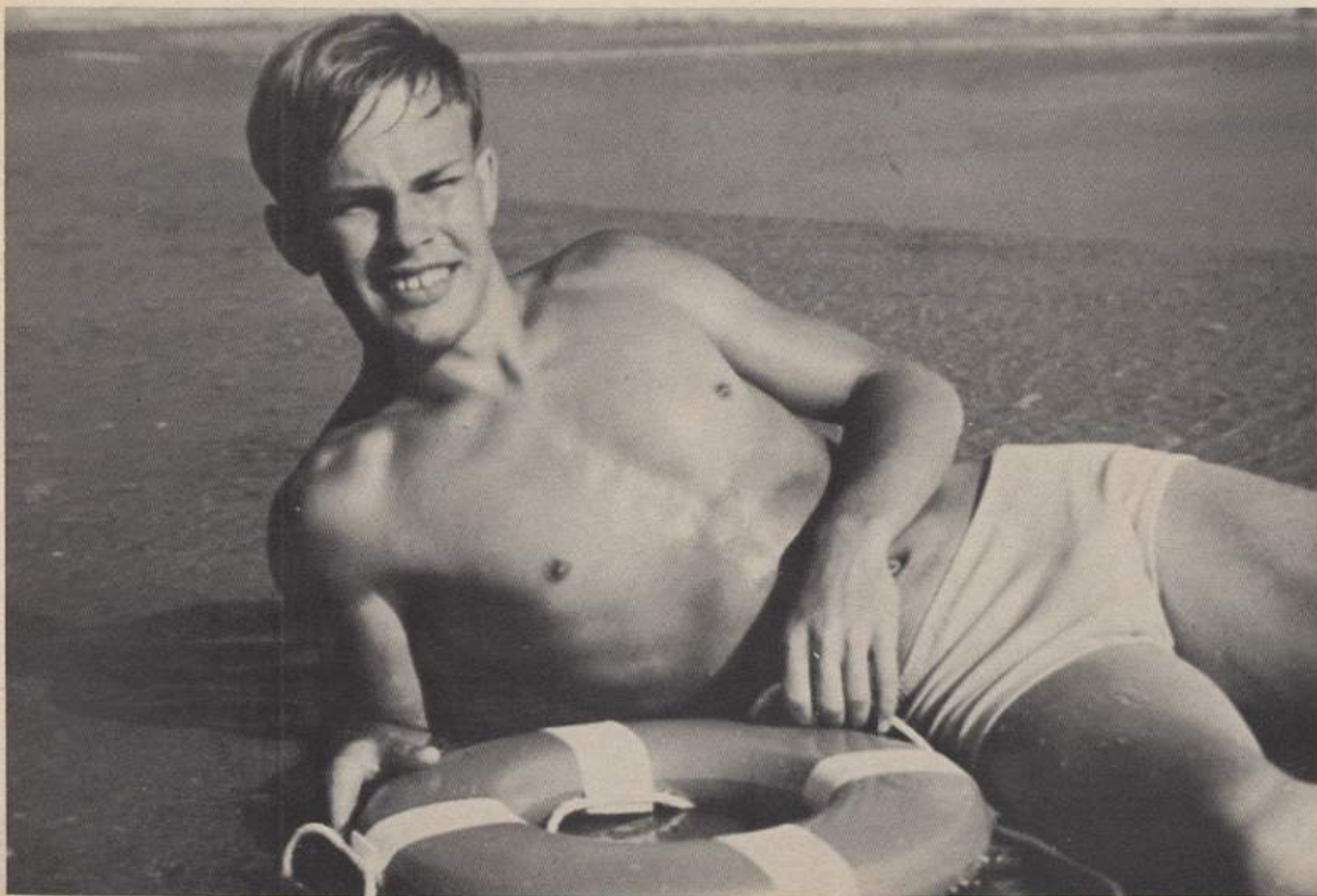
DOUG BETTS
by: CHAMPION

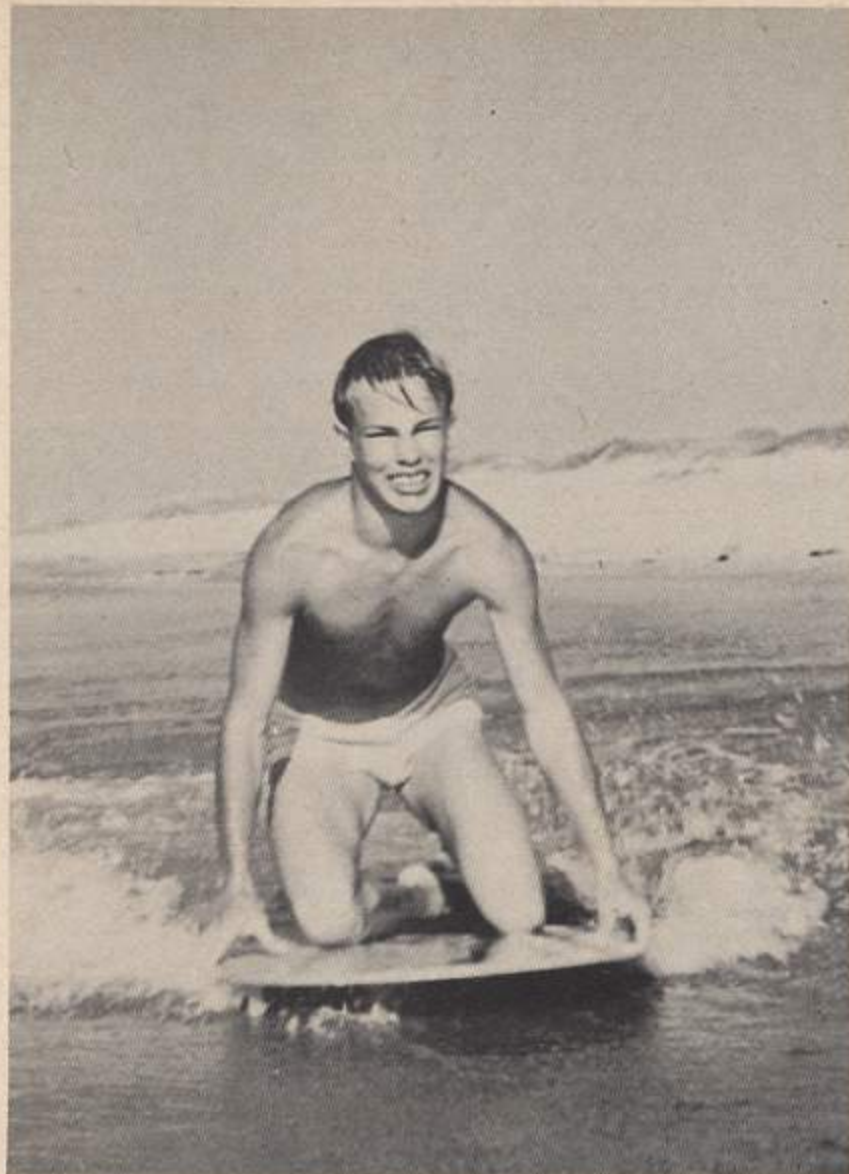
The vitality of youth and the young man strength are captured by 17 year old **BUDDY REAGAN**. Standing 5' 8" **BUDDY** is an impressively capable lad to witness. Good at most sports and excelling in Aquatics is a physical passport for **BUDDY** as he finds constant pleasure in the boy's world of activity.



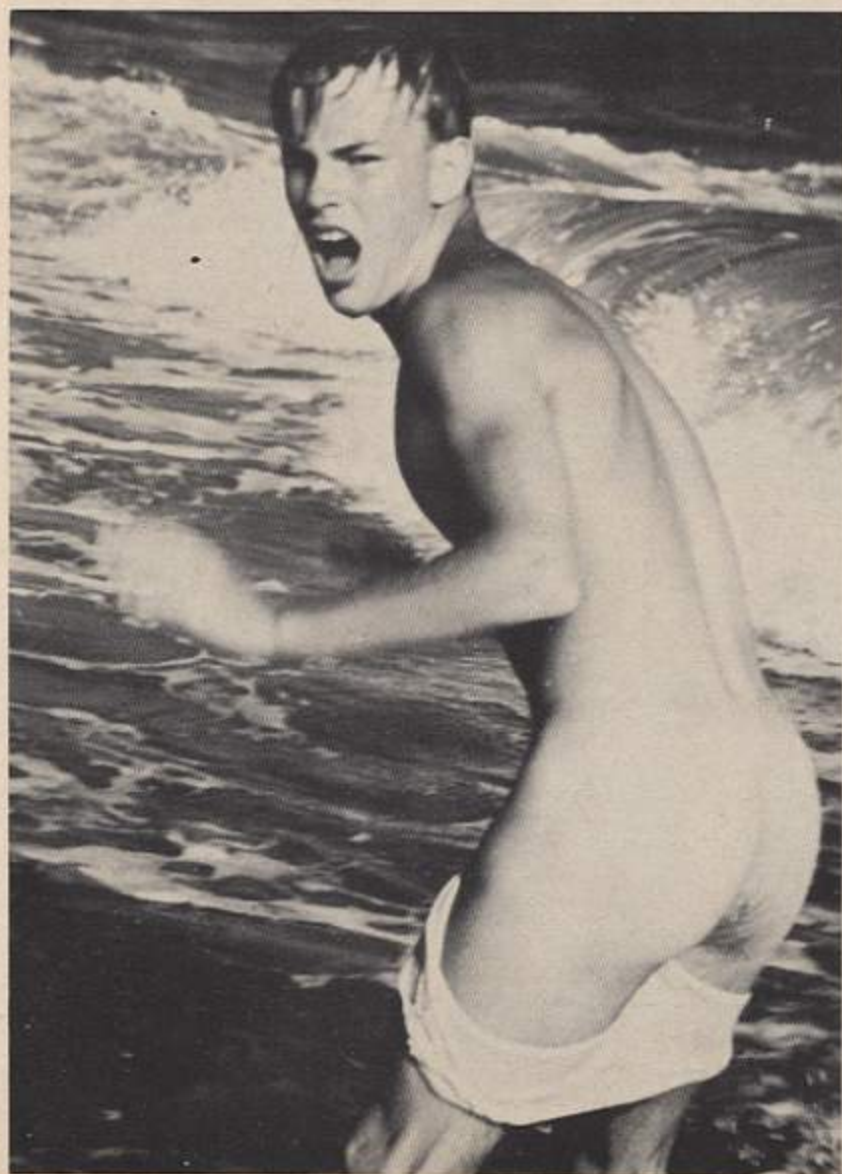


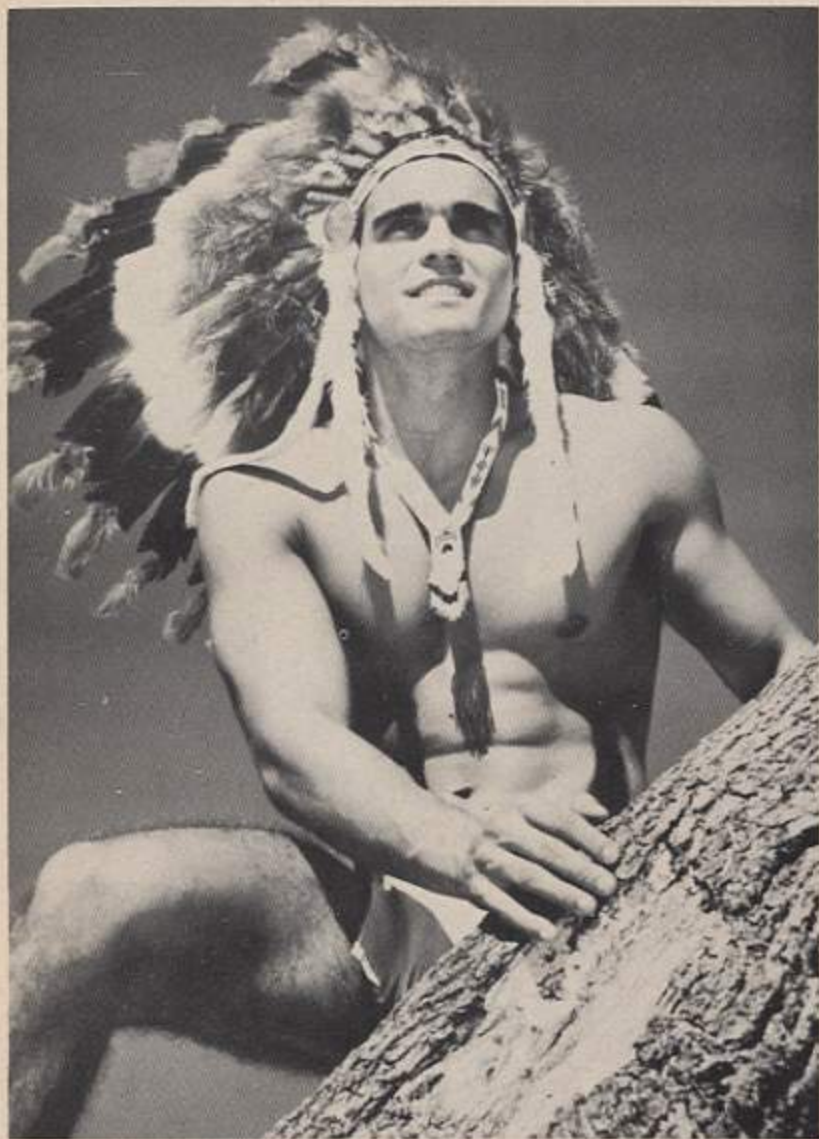
Tops at swimming, **BUDDY REAGAN** was appointed captain of his high school swimming team. No restraint and an optimistic attitude are **BUDDY'S** qualities of leadership. He demonstrated great gusto at work and at play. Looking forward to college, the armed forces, and a career, **BUDDY** is filling his summers with natural fun in the sun and surf.





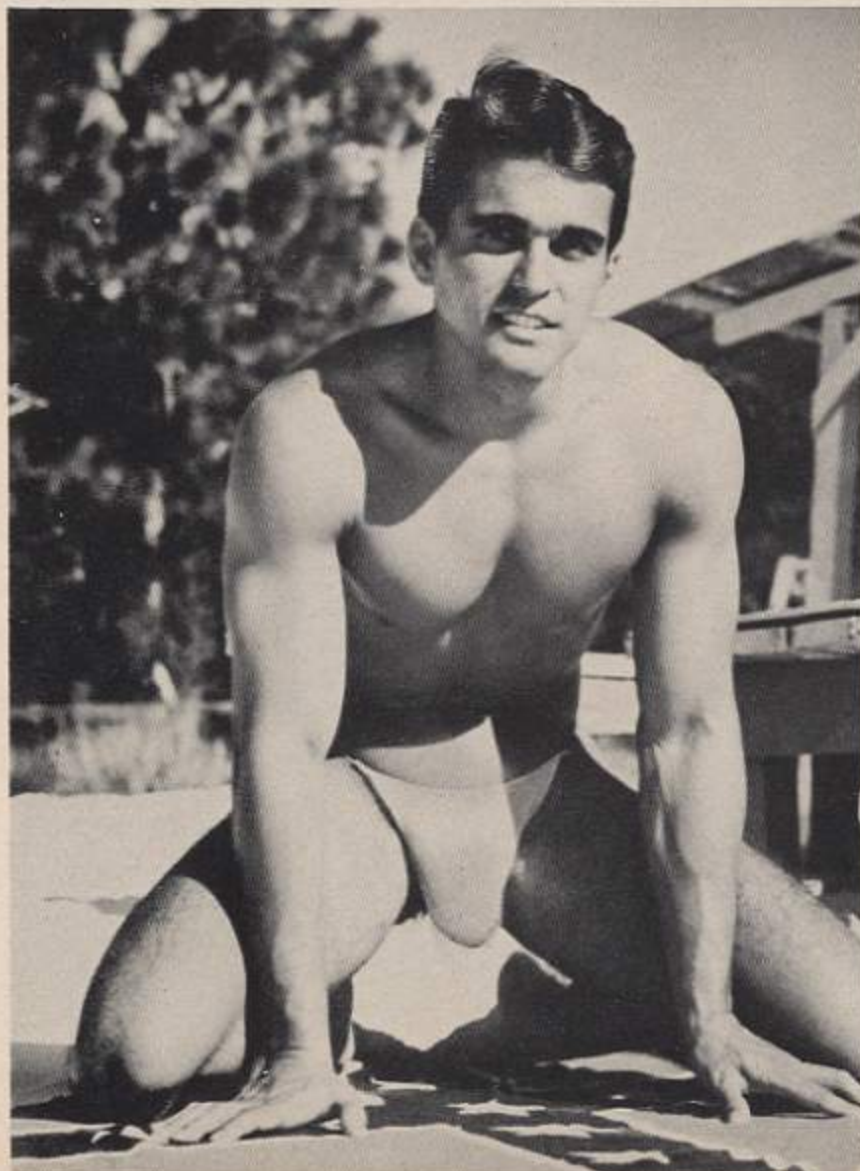
BUDDY REAGAN by: **CHAMPION**

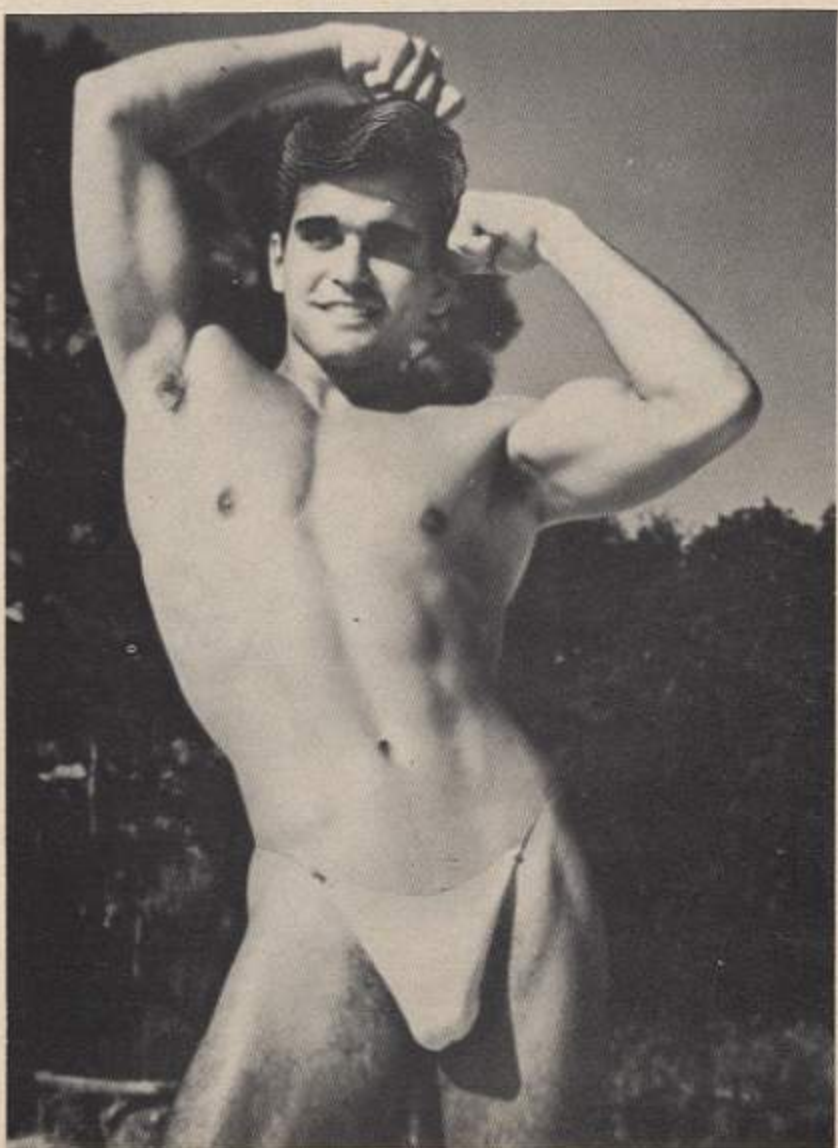
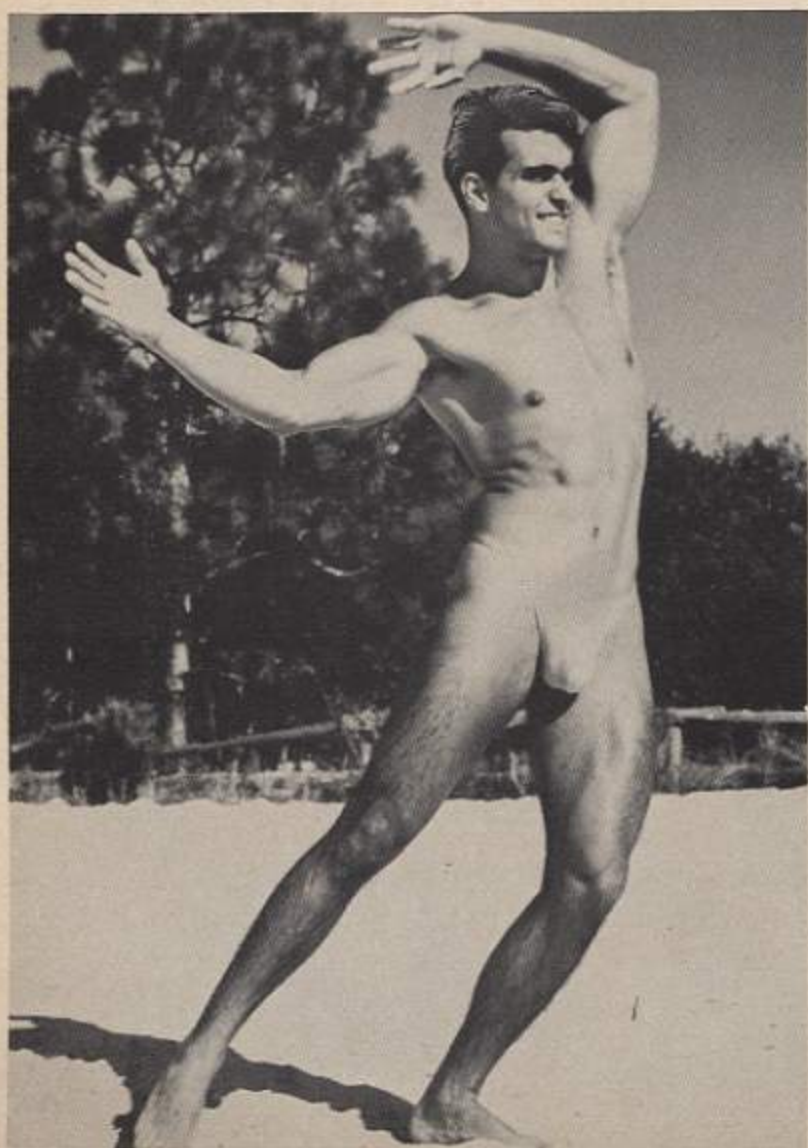
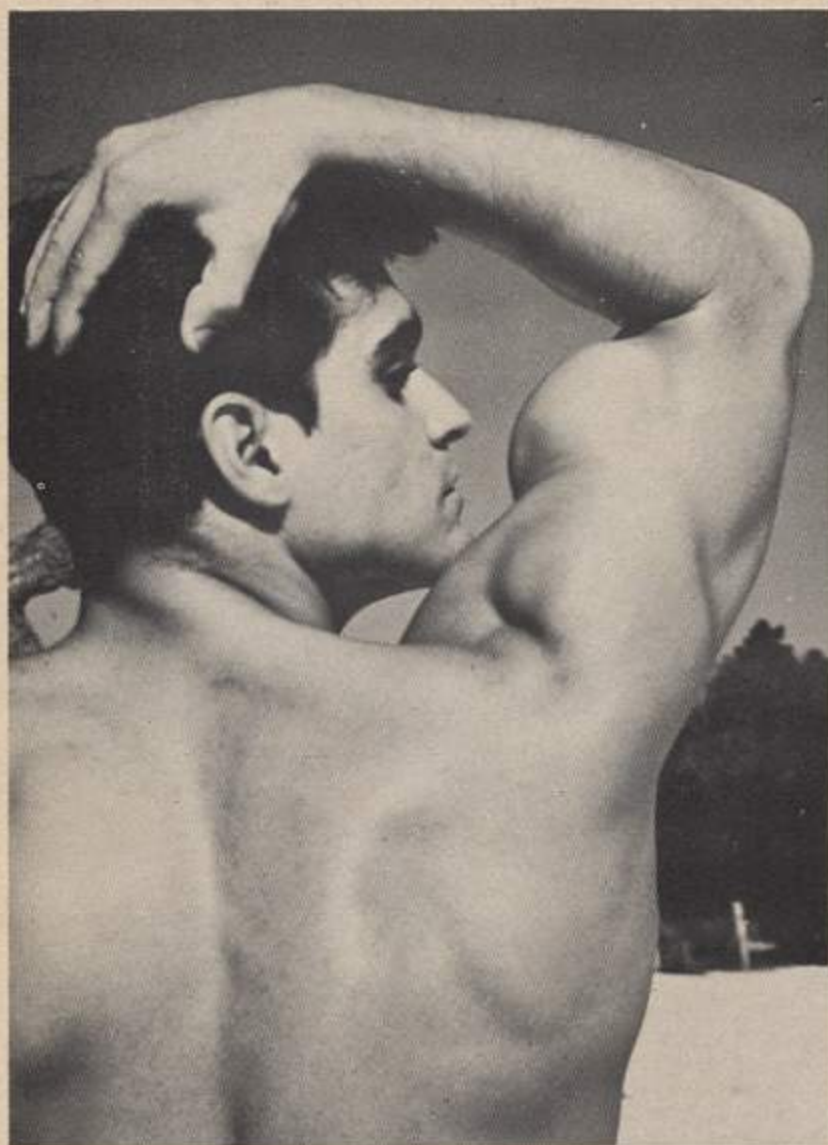




Made up of French and American Indian lines, HAWKEYE commands a vast knowledge of nature — as did his forefathers. Sharing his amazing physical and mental know-how with fellow members of his nudist park, HAWKEYE is saving his earnings as Physical Director for the studies of a career in medicine.







HAWKEYE and his inherent know-how at physical prowess is an unbeatable display of physical discipline. Adept on land or in the water, well-built **HAWKEYE** is a demonstration of real masculine activity.

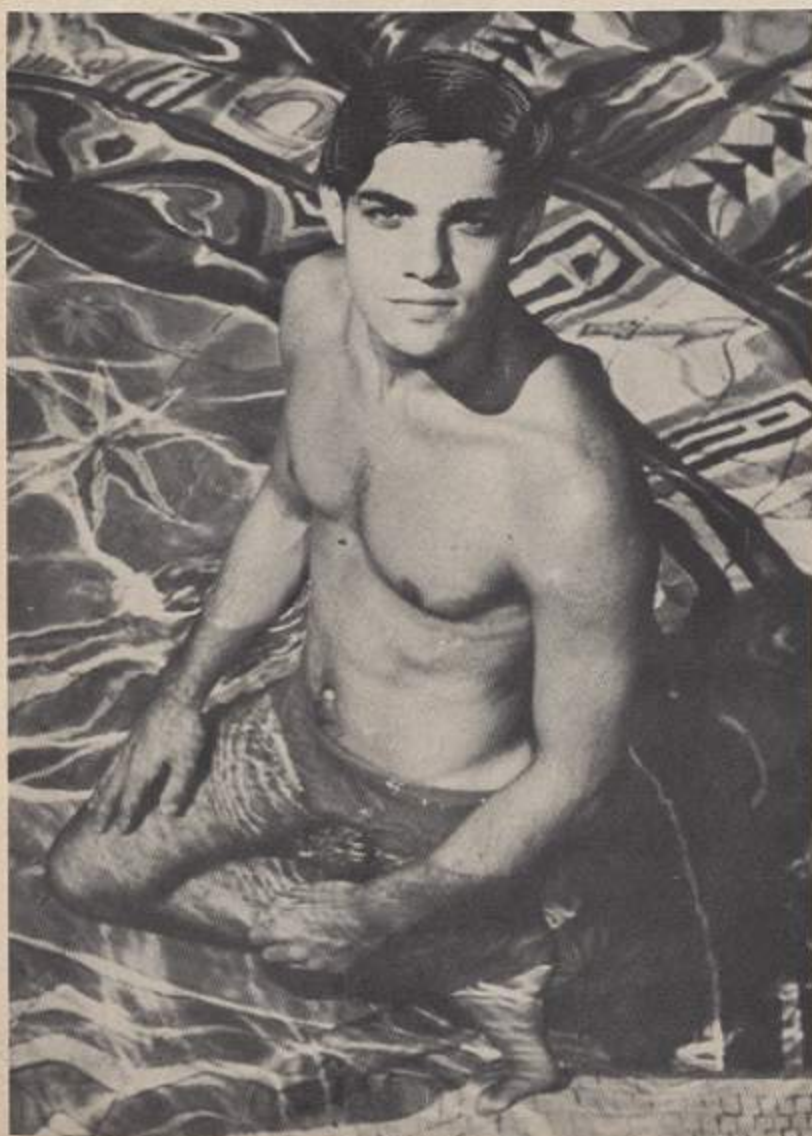






Good looking TUCK POWELL is an inspiration to youth everywhere to be conscious and attentive to physical development. Spending most of his exercise periods at Gymnastics has marked young TUCK with an extra well-apportioned body.



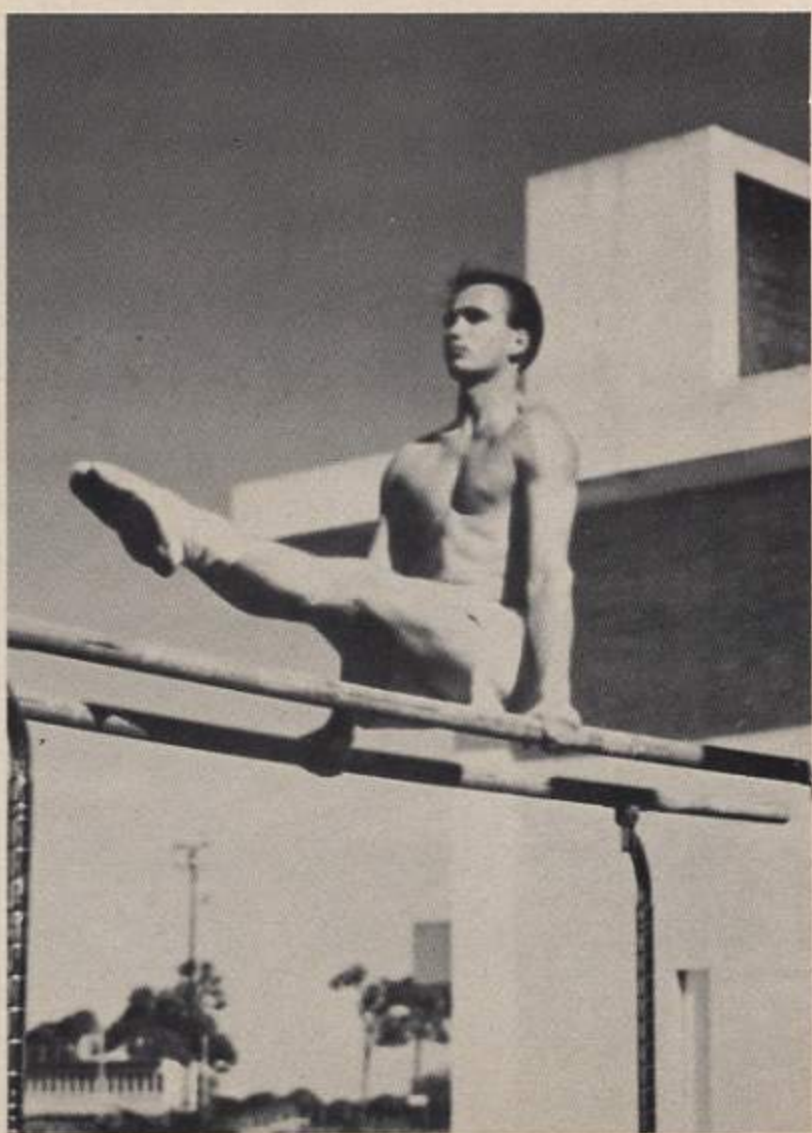


MACK DARROW, 5' 11", 175 lb. engineering student from Los Angeles, is a California diving champion. Splitting his study and work sessions is as easy as walking from the Study to the swimming pool of his California home.



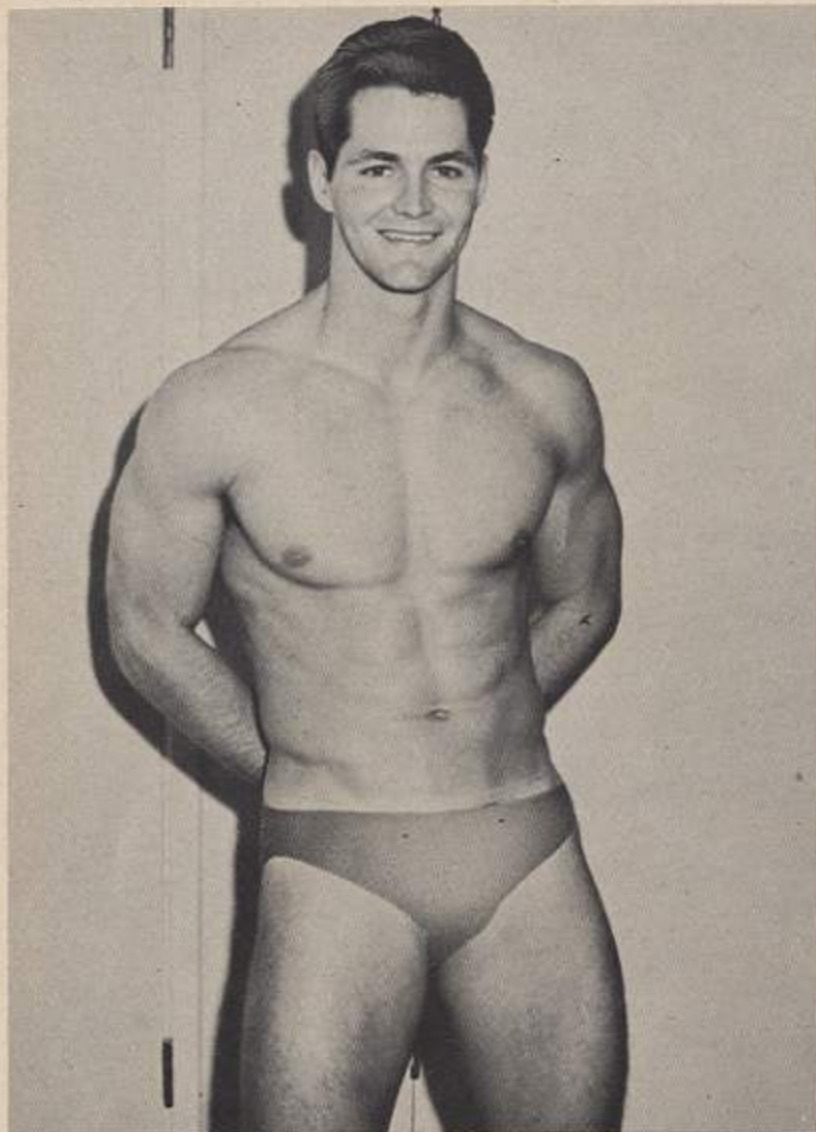
Former Pugilist, PAT HAYES, a sturdy 5' 10", 160 lb. specimen, is now a bricklayer. In his spare time, and still filled with action, PAT has made his California patio a showcase of his know-how at laying the bricks.



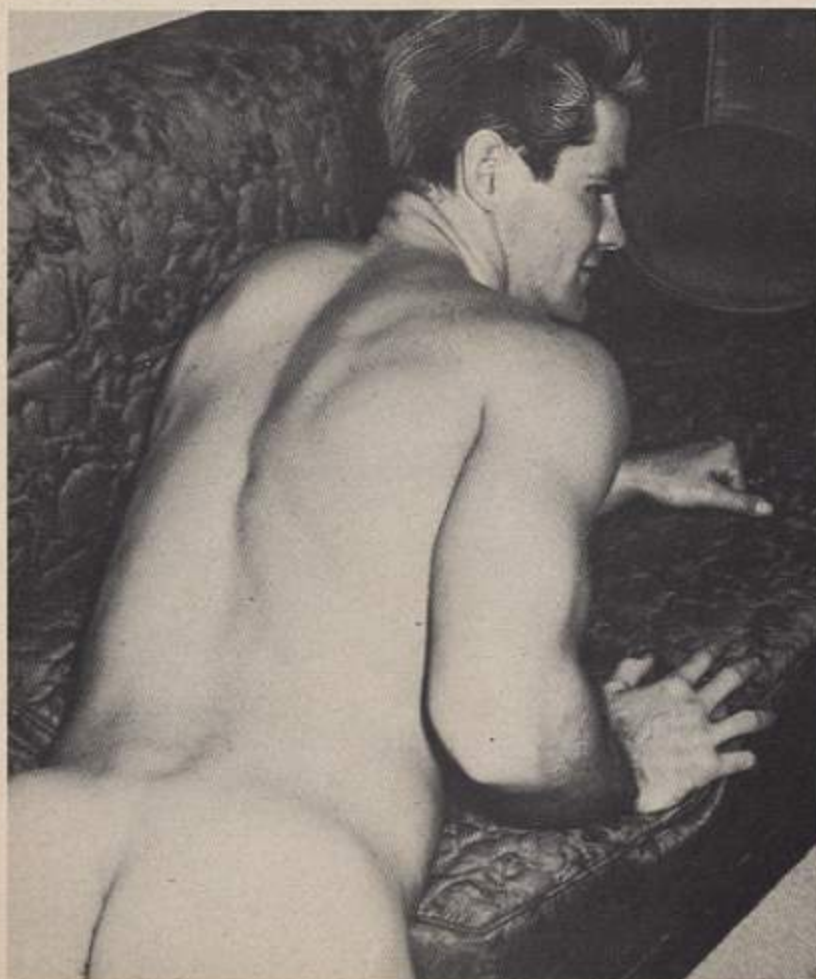


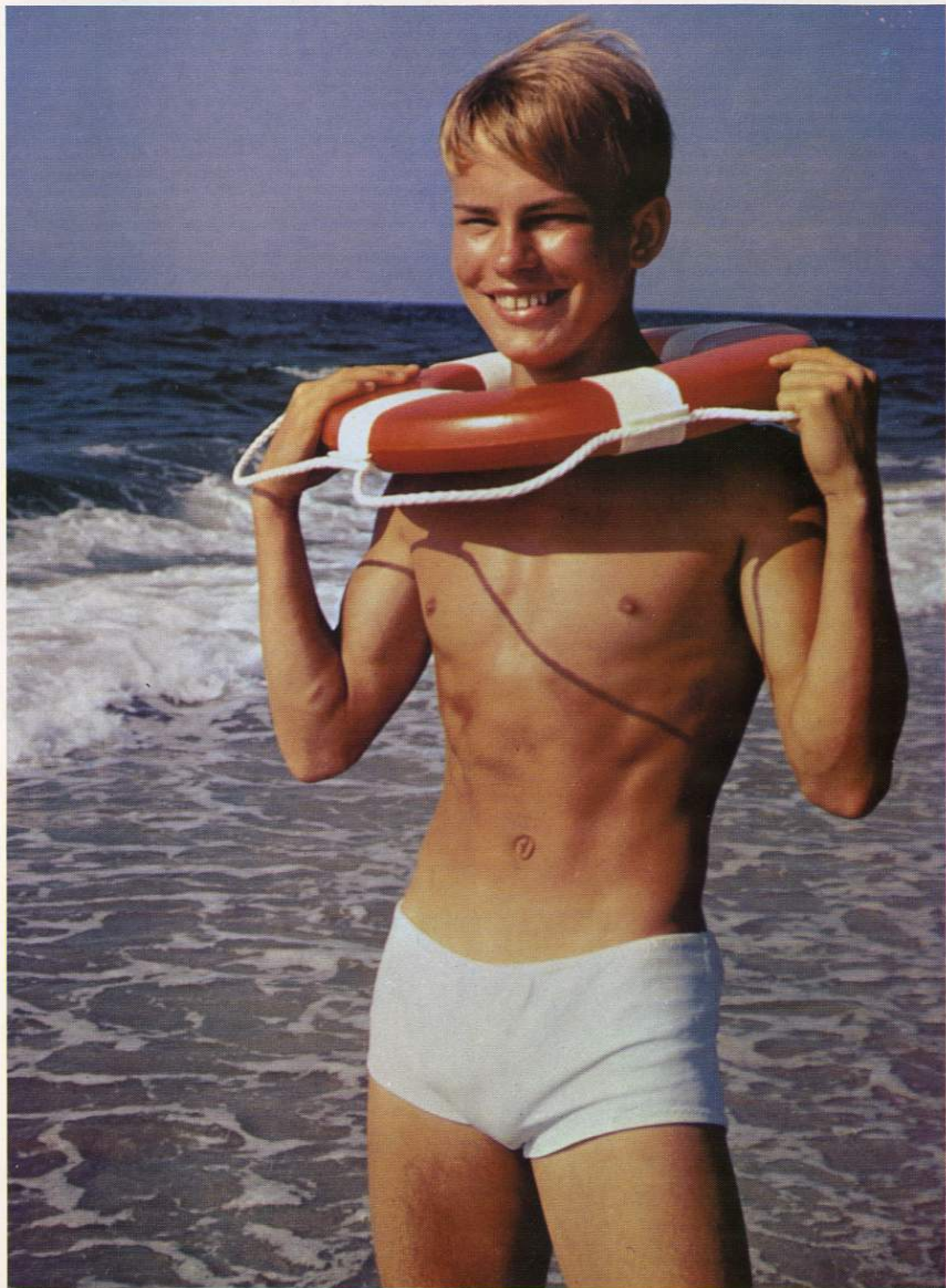
At one time there were many vacant sandlots where young men could develop naturally with a variety of outdoor sports. But the days of ample space are rapidly ending and still youth must ponder and exercise the desire for physical outlet and activity. Only a small space is required for routines of Gymnastics, and perhaps the greatest reward is there for the physical culturist. Gymnastics deals with the working of every muscle of the body and the coordination of such is never more adept than it is in the power of the Gymnastic's abilities.

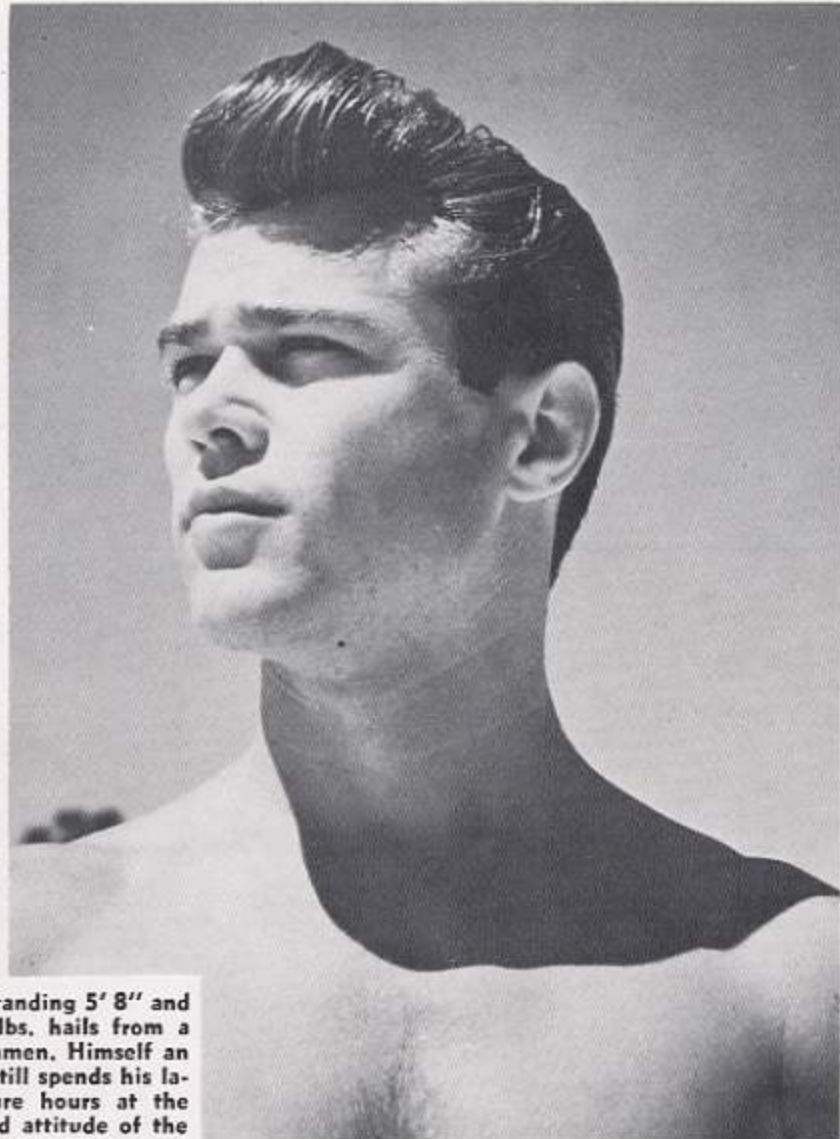
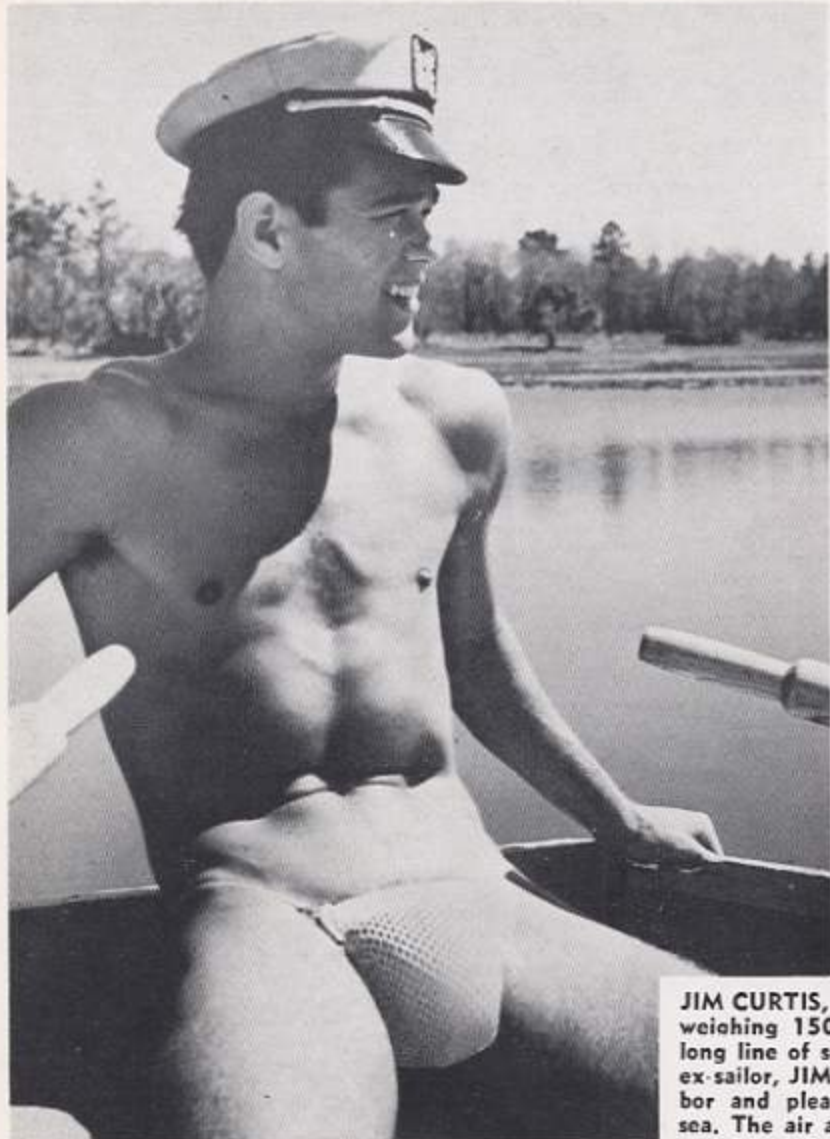




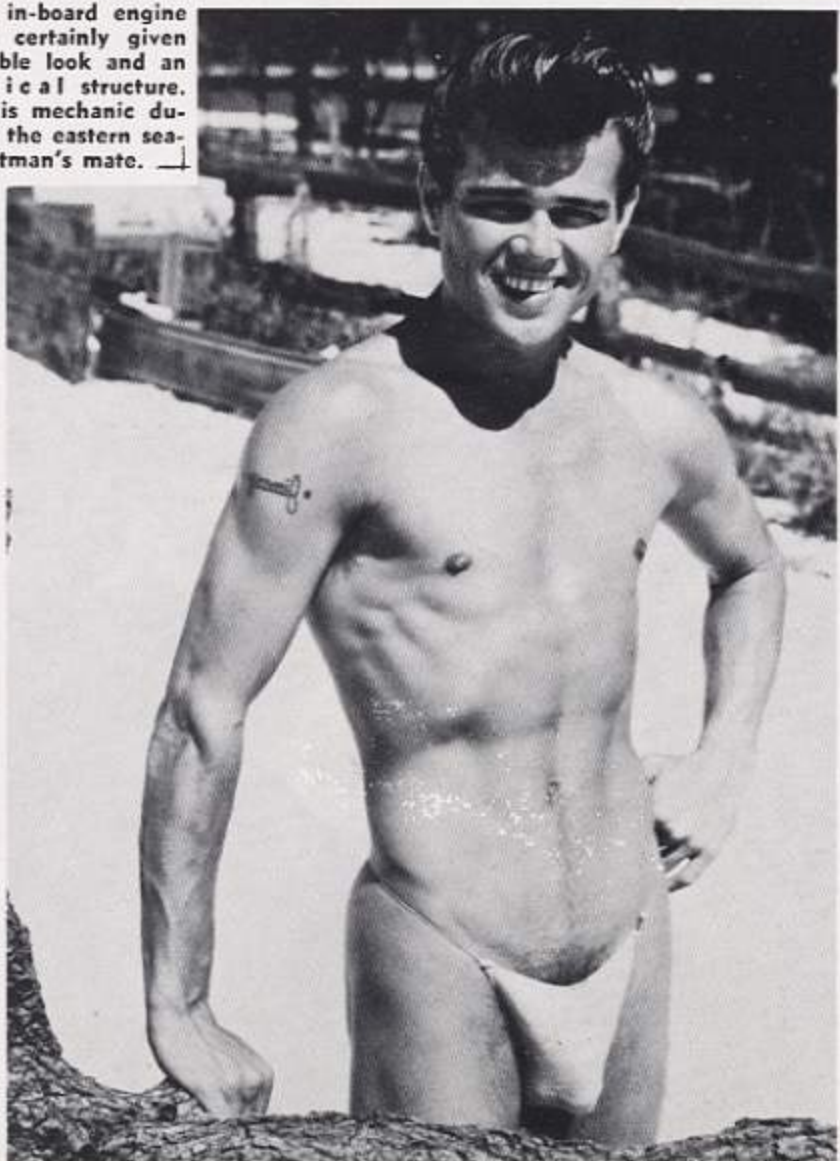
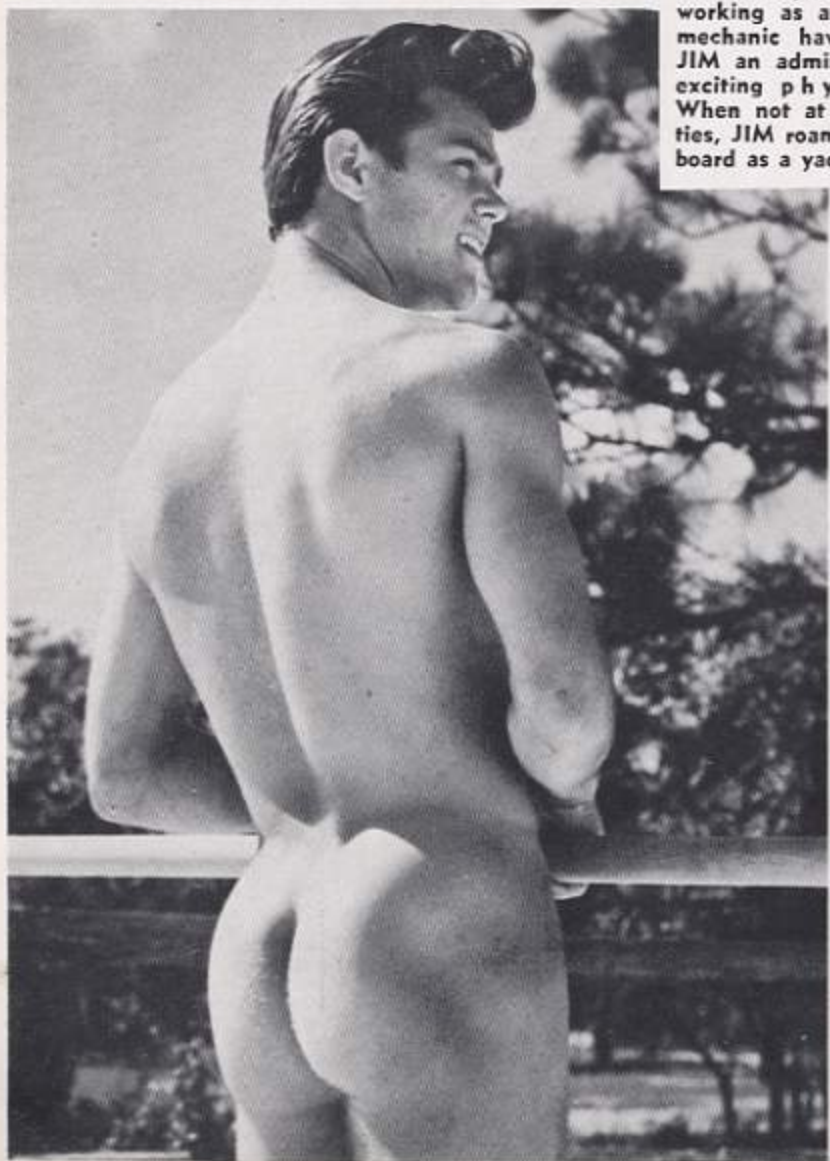
Photographers' pleasure, HANK STROTHERS, is anyone's pleasure who understands the demands on the young Hollywood actor. Keeping himself in constant readiness for a call from the studios, HANK goes through the paces that have given him that sensational 6' 2", 195 lb. physique.







JIM CURTIS, standing 5' 8" and weighing 150 lbs. hails from a long line of seamen. Himself an ex-sailor, JIM still spends his labor and pleasure hours at the sea. The air and attitude of the ocean coupled with JIM's hard working as an in-board engine mechanic have certainly given JIM an admirable look and an exciting physical structure. When not at his mechanic duties, JIM roams the eastern seaboard as a yachtman's mate. —

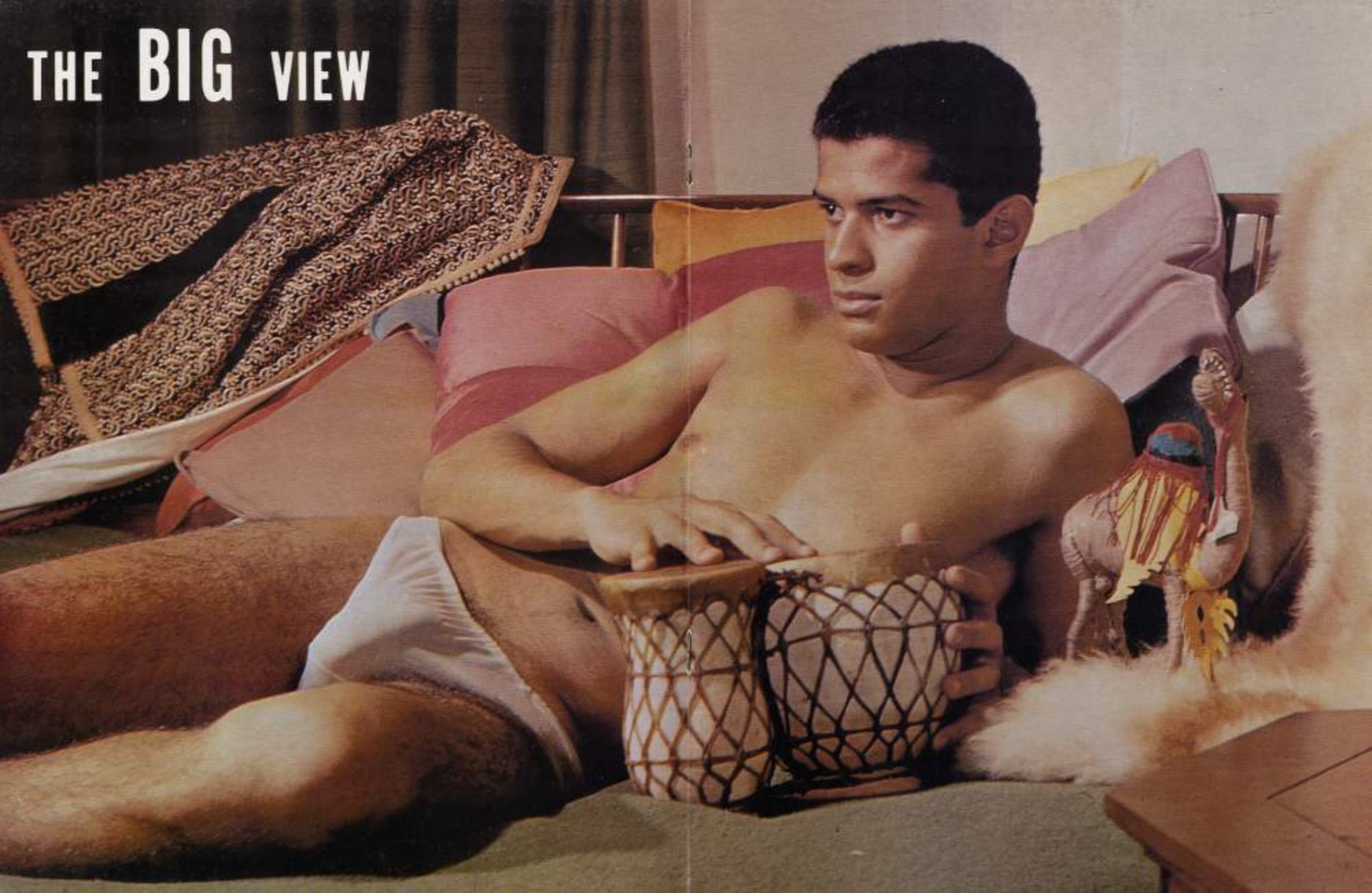


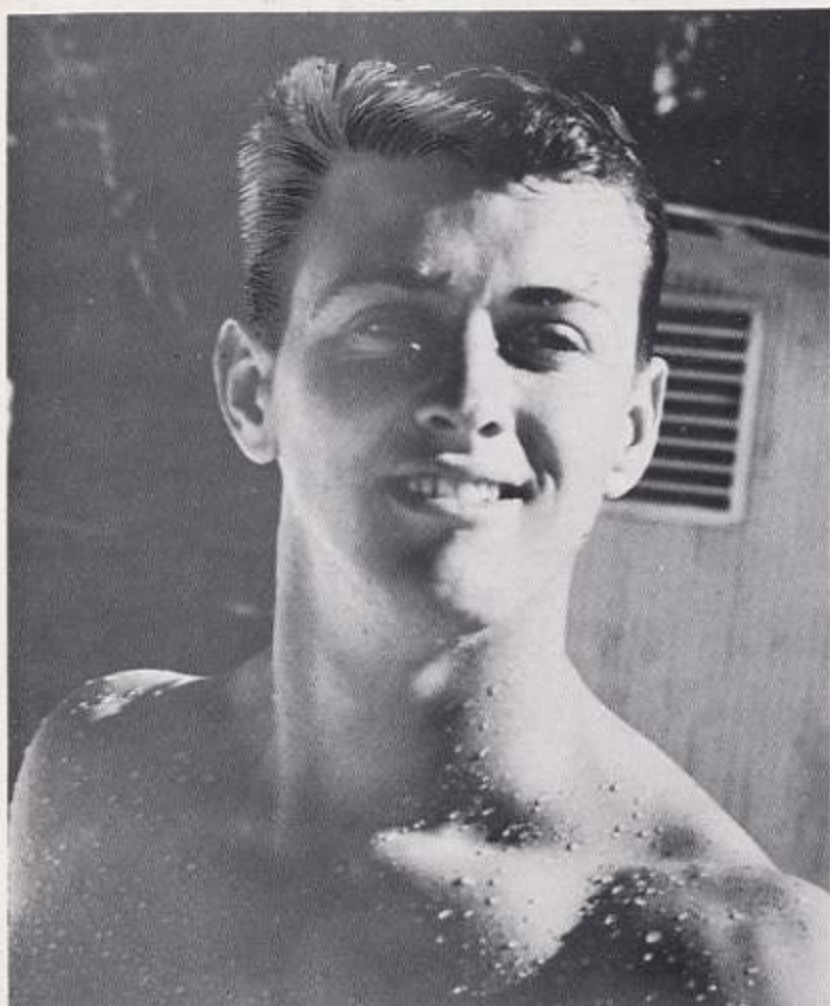


Standing 5' 10" and weighing 165 lbs., JEHRU is a native of Tangiers. Instinctive alertness and physical stamina are evident in the lines of this fine-formed Arab lad. An exceptional acquestrian, JEHRU also commands respect with his wrestling and swordsmanship. His agility and his muscle forms are testimony for his inherently religious diet and physical demands.

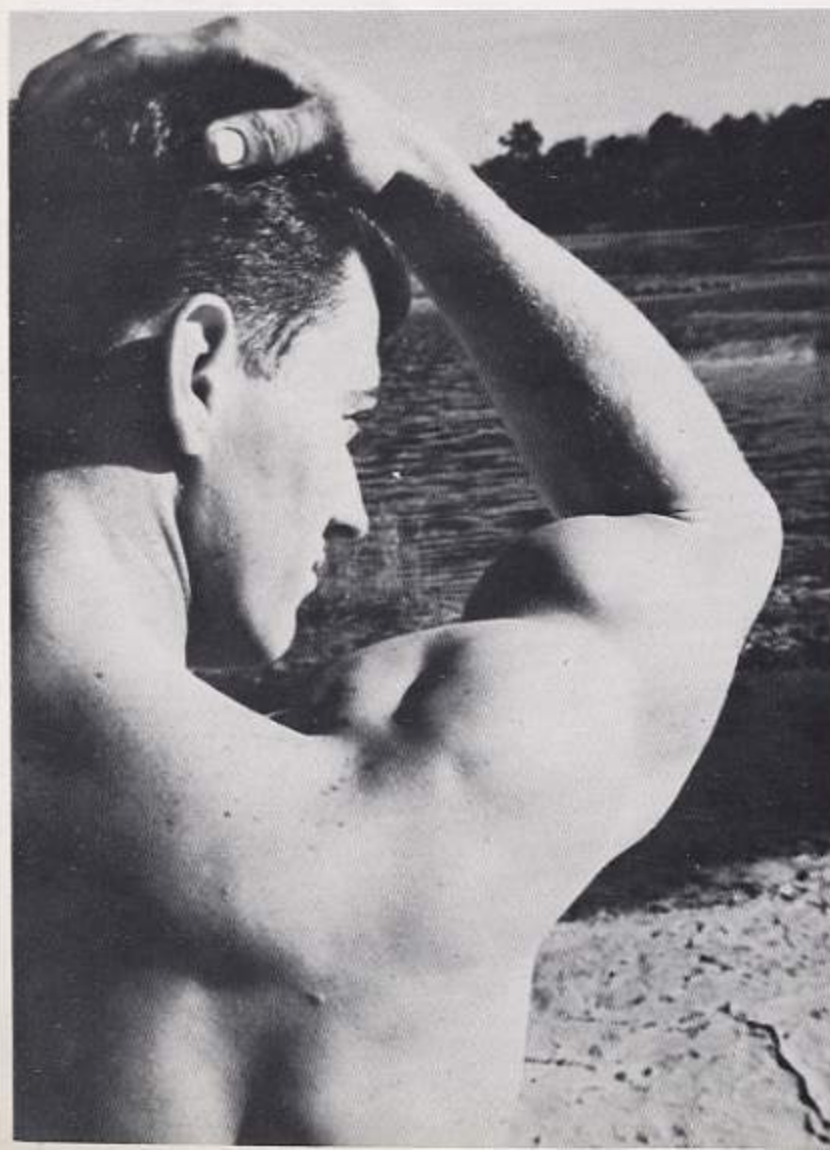


THE BIG VIEW



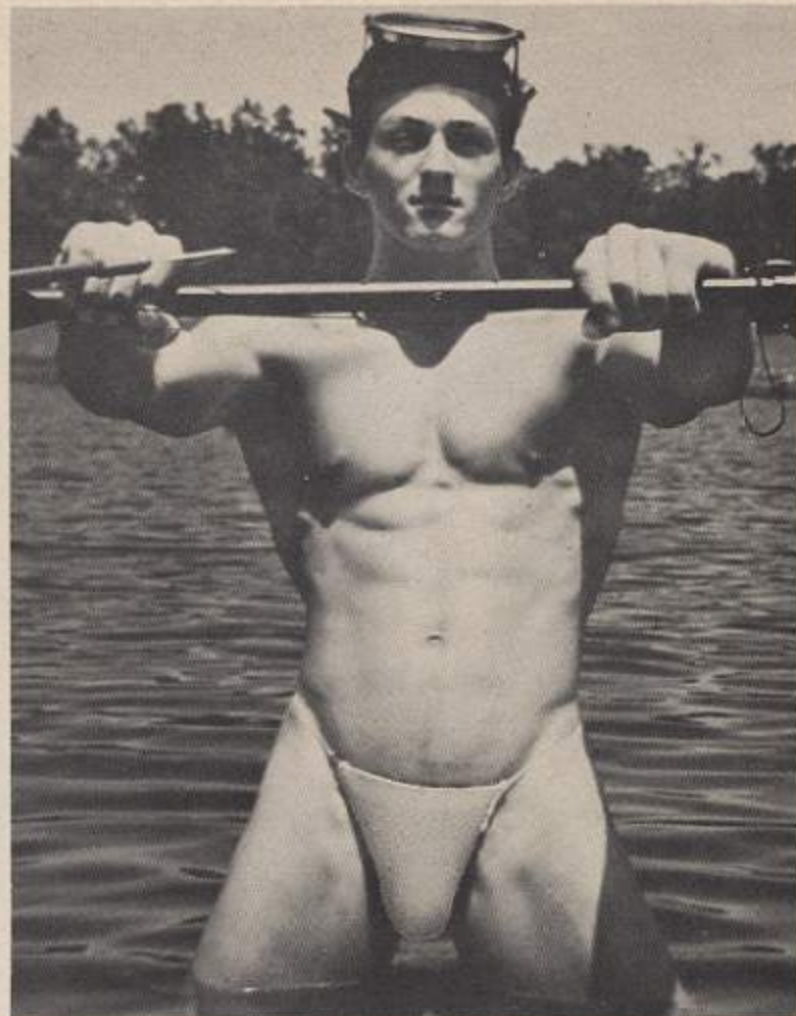


Dynamically-built Darryl Powers is a top-notch representative of masculinity in anyone's book. "Hard work—hard play" is DARRYL's motto and that is just what he does to maintain his perfectly built chest and arms — as well as his big, friendly he-man attitude.







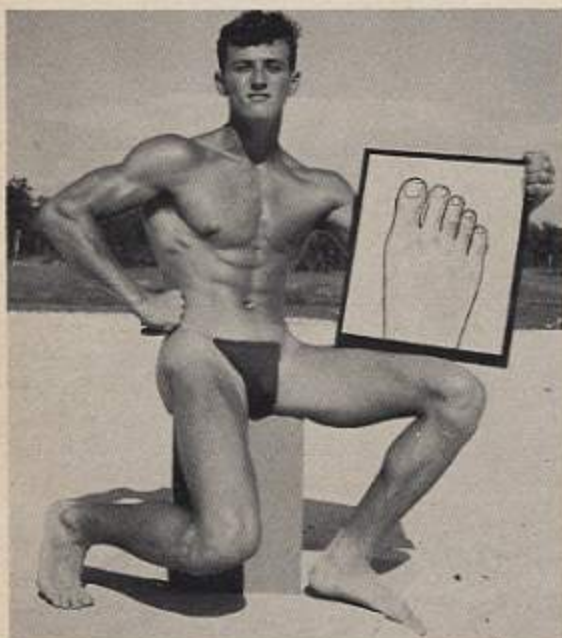


Exercising on the beach and in the sun at DARRYL'S favorite nudist park near his Flordia home, have resulted in muscle tones and color tones that deem the exceptional in this 20 year old lad. Formerly a member of the marine corps, DARRYL now has the duty of a hose-jockey—helping to lift the big silver jets into the wide blue yonder.



MY FEET ARE KILLING ME!

If the principles of foot care, published in this magazine, are followed carefully, and if the feet are given sufficient exercise, to keep them strong and pliable, by exercises such as walking or raising them up and down on the toes, plus the other exercises advocated here, done three times per week, our feet should carry us on through life with a minimum of trouble.



To avoid ingrowing toenails, the nails should be trimmed straight across as shown in the above sketch. Stretch hose should be avoided and shoes and hose must not be too tight. Perforated shoes and sandals should be worn when feasible.



Stand upright, turn and curl the toes as illustrated and try walking pigeon-toed, on the outer borders of the feet and heels. Take 8 steps forward and 8 backward. Repeat entire movement twice and increase to 5 repetitions as feet improve.



Stand erect and point right foot to the floor with weight of the body on the left foot as illustrated. Now shift weight to right foot and point left foot to the floor. Alternate, by shifting from one foot to another. Repeat 4 times for each foot and increase to 25.



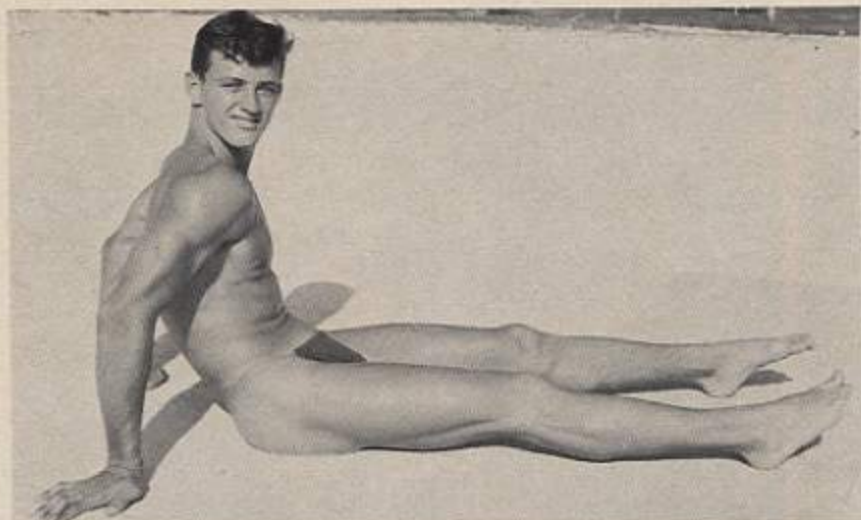
In seated position relax legs and roll a rolling pin, with the feet, back and forth across the floor as illustrated. Do about 8 complete rolls and increase to 35. This massaging action relaxes and strengthens tired and aching feet.



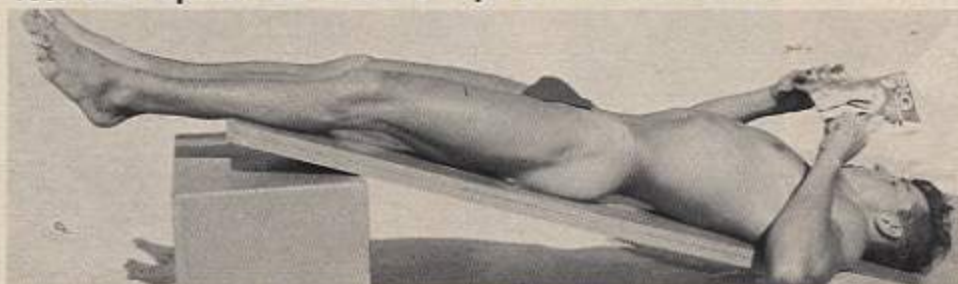
Scatter a few pebbles or marbles on the ground and try picking them up with the toes of each foot. Curl your toes around the objects and hold for a few seconds. Pick up 5 objects with each foot and increase to 25.



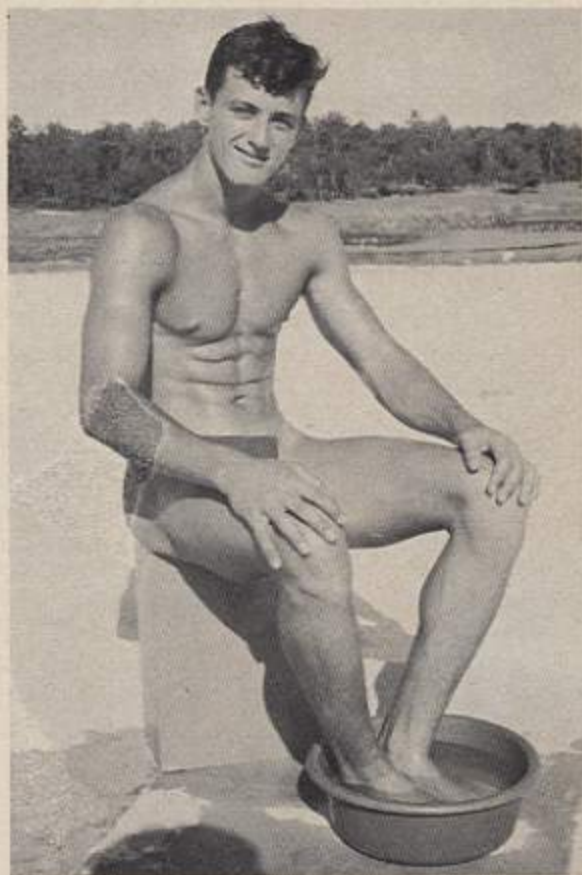
Sit down on the floor with knees bent. Now try to pull the body forward with the toes as illustrated. Continue this for a distance of about 3 feet and increase to about 10 feet.



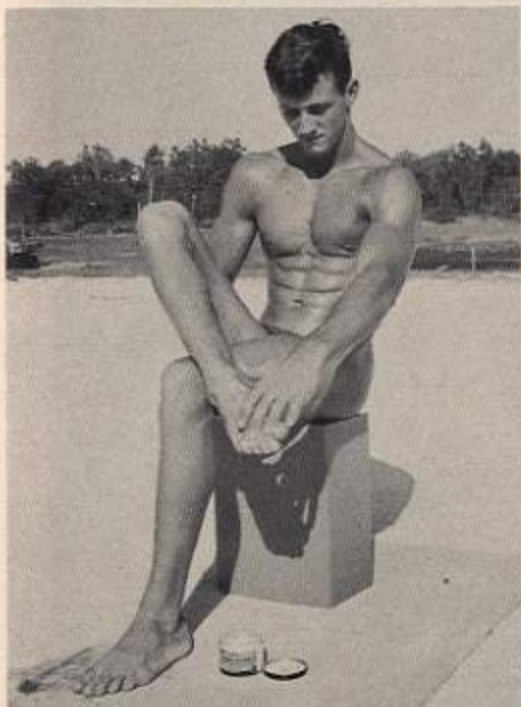
Take sitting position on floor, feet about 12 inches apart and with pointed toes, twist feet so the soles face each other as illustrated. Hold for a few seconds, then straighten the feet and repeat. Do about 5 reps and increase to 20.



Lying down on a slant board, as illustrated, a few minutes daily is very beneficial for relaxing and relieving pressure on the feet as well as for the entire body. It counteracts the ills caused by the earth's gravity and helps remove stagnant blood from the feet and lower legs. A piece of $\frac{3}{4}$ inch plywood about 20 inches wide and 7 ft. long, purchased at a lumber company, with a strap placed on one end will serve perfectly.



A daily foot bath of luke-warm water and 2 tablespoons of epsom salt is soothing and relaxing after a hard day. The feet can be soaked from 3 to 5 minutes each time but must be thoroughly dried afterwards.



Massage your feet often to promote flexibility. Rub some cold cream or hand lotion on the feet and massage them briskly until your feet tingle. Then rinse your feet and dry them carefully, especially between the toes.



Medicated foot powder should be used on the feet, especially between the toes daily and after every washing. Feet must be kept dry for good foot hygiene. Hose and shoes should also be dusted with Powder.



Owning at least three pair of shoes and wearing them alternately is very important for the promotion of good foot health. Shoes should always be dusted with a good foot powder to aid drying and disinfecting inner parts of shoes.

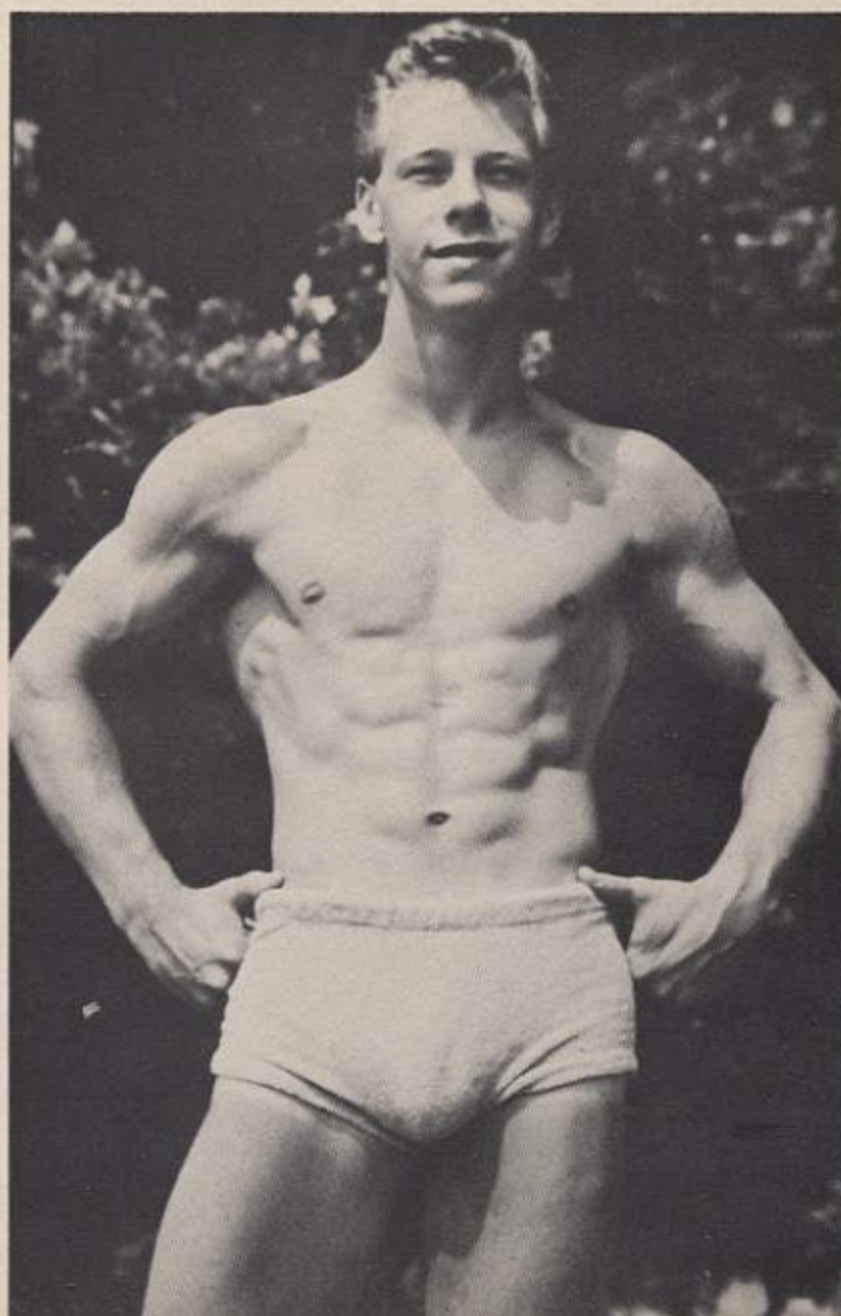
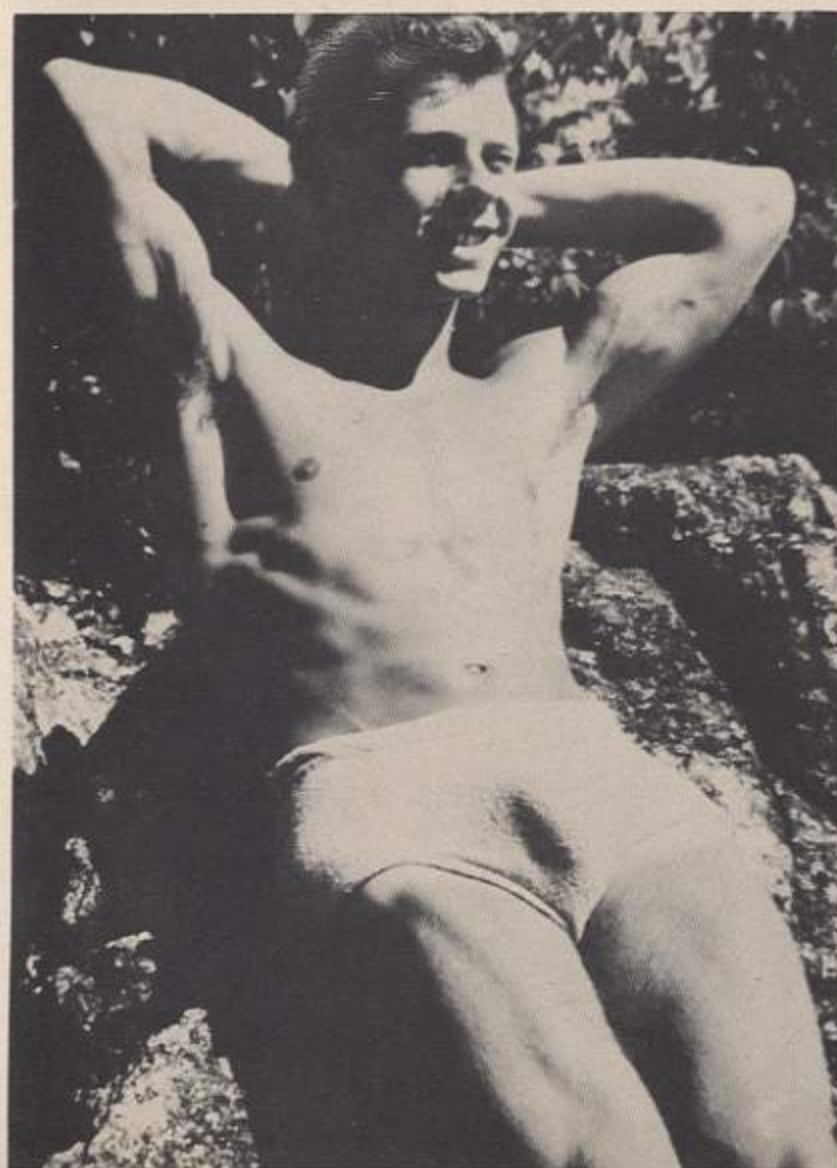


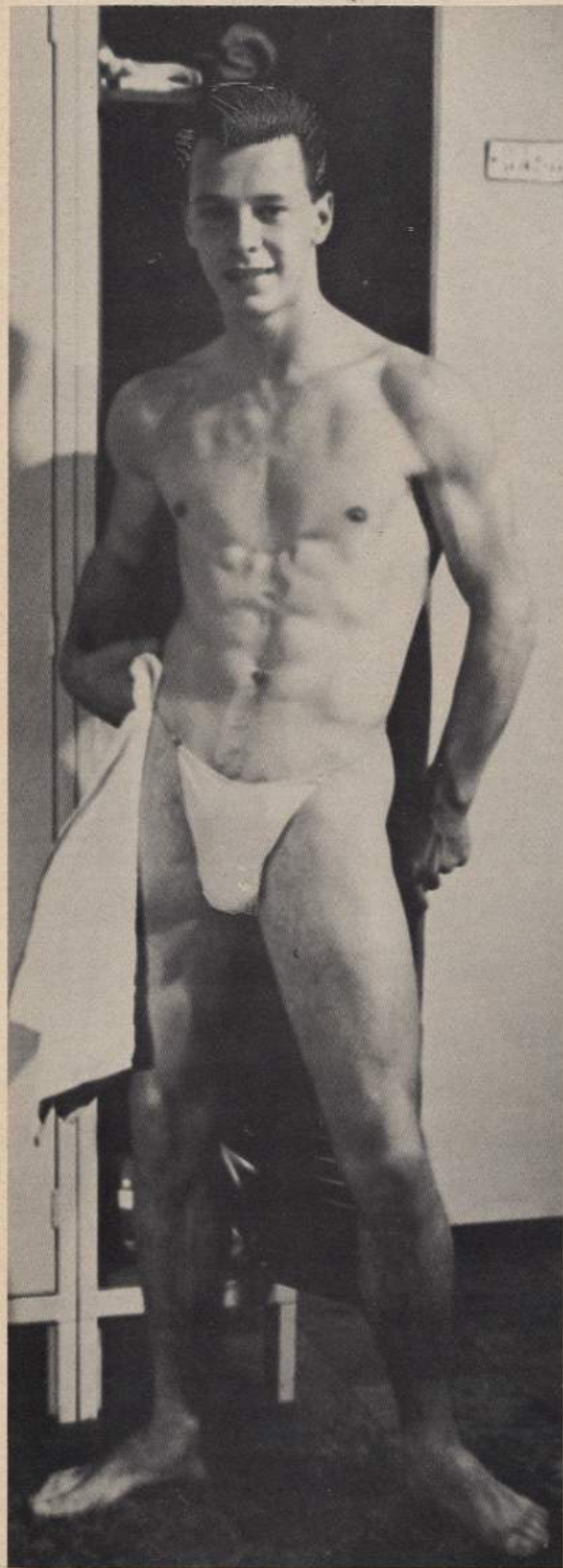
BRIAN O'KEEFE, water sports enthusiast, excells at water skiing and boat racing. Keeping in shape is not easy for **BRIAN**— who works as a steelrigger. **BRIAN'S DAILY** bar exercises and his home-study course in Architecture keep this energetic young man with a full schedule.



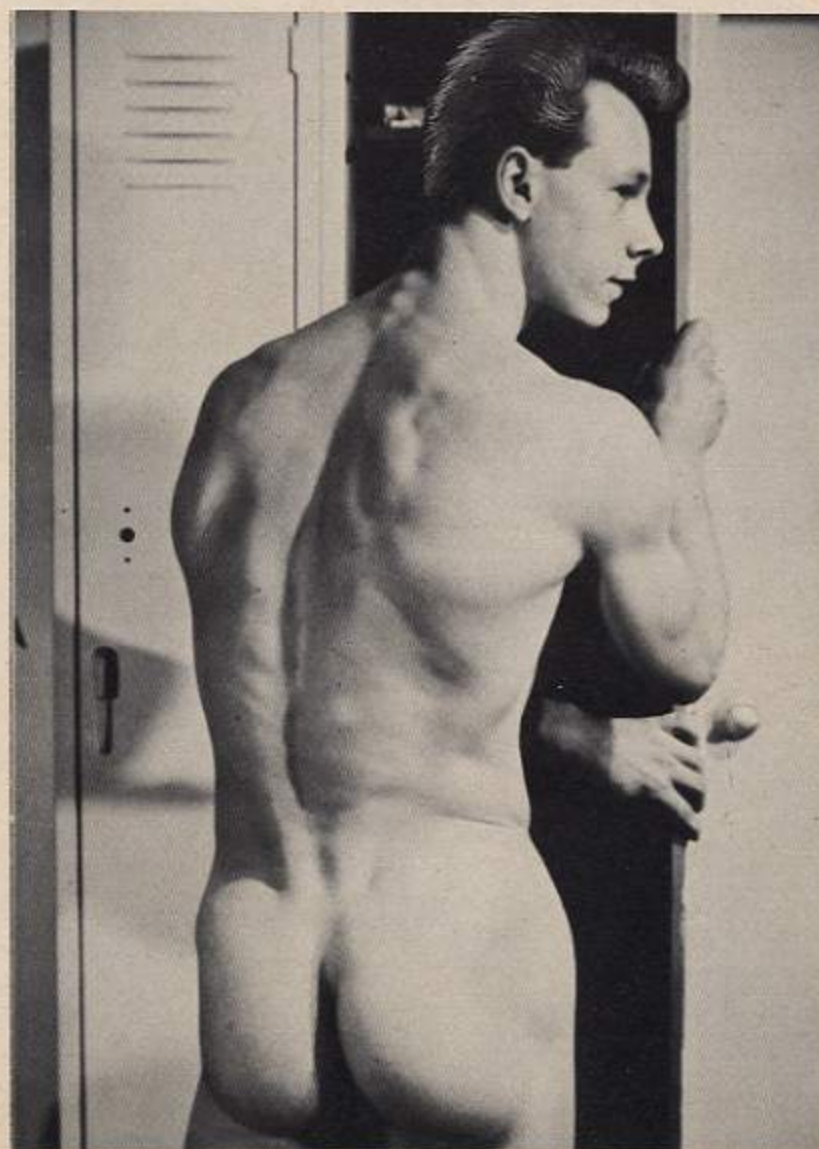


Brian O'keefe





BRIAN O'KEEFE
by: CHAMPION



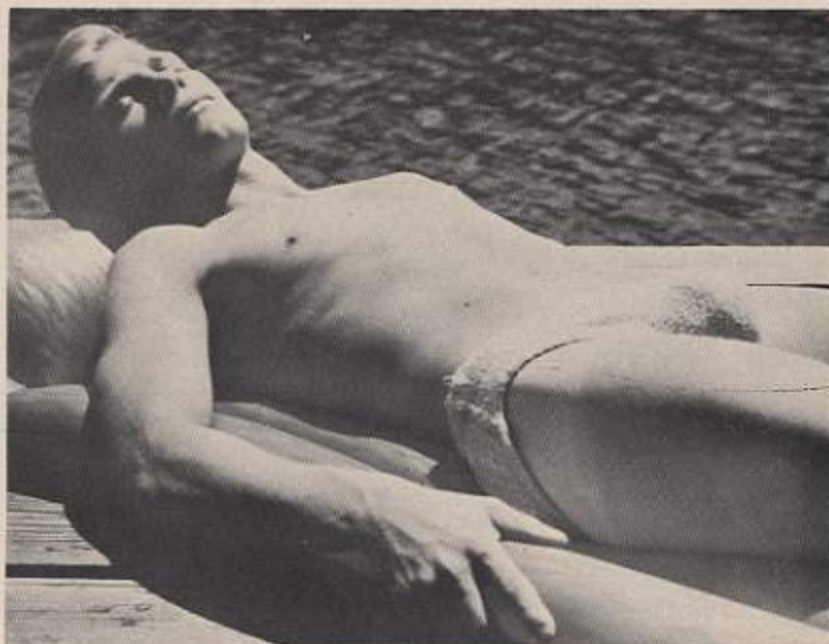
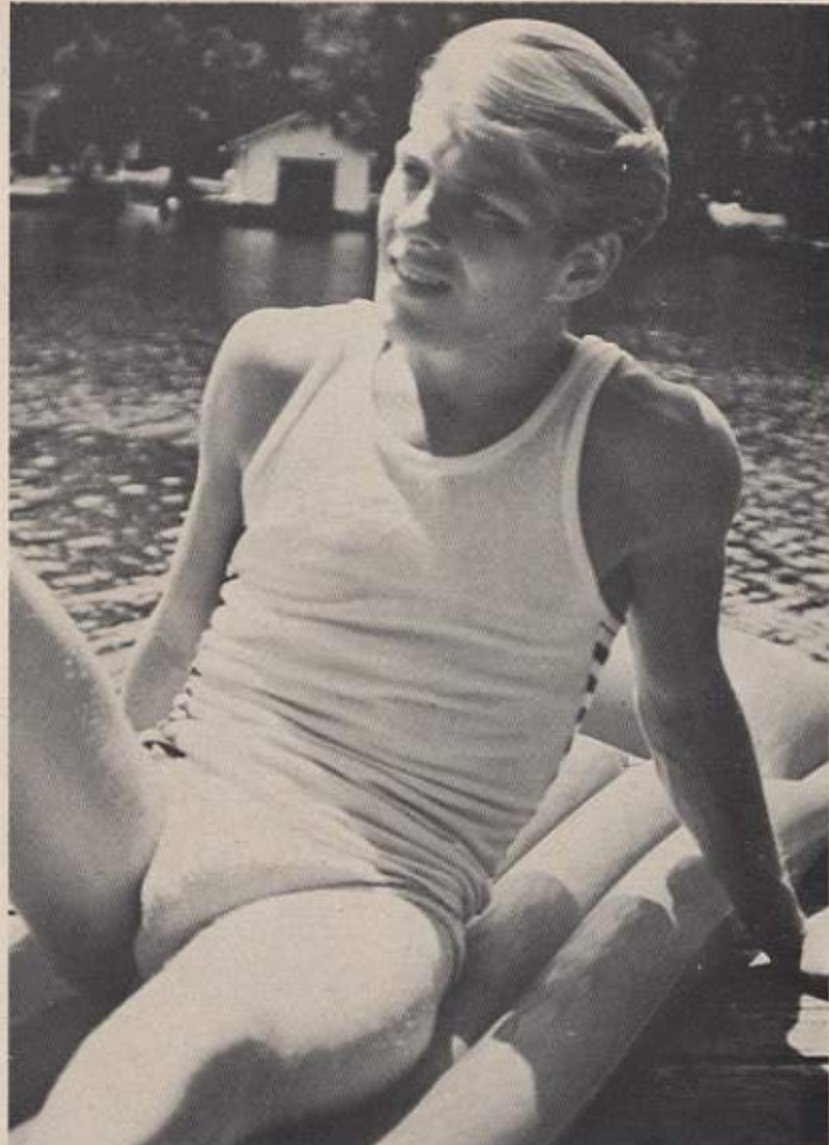
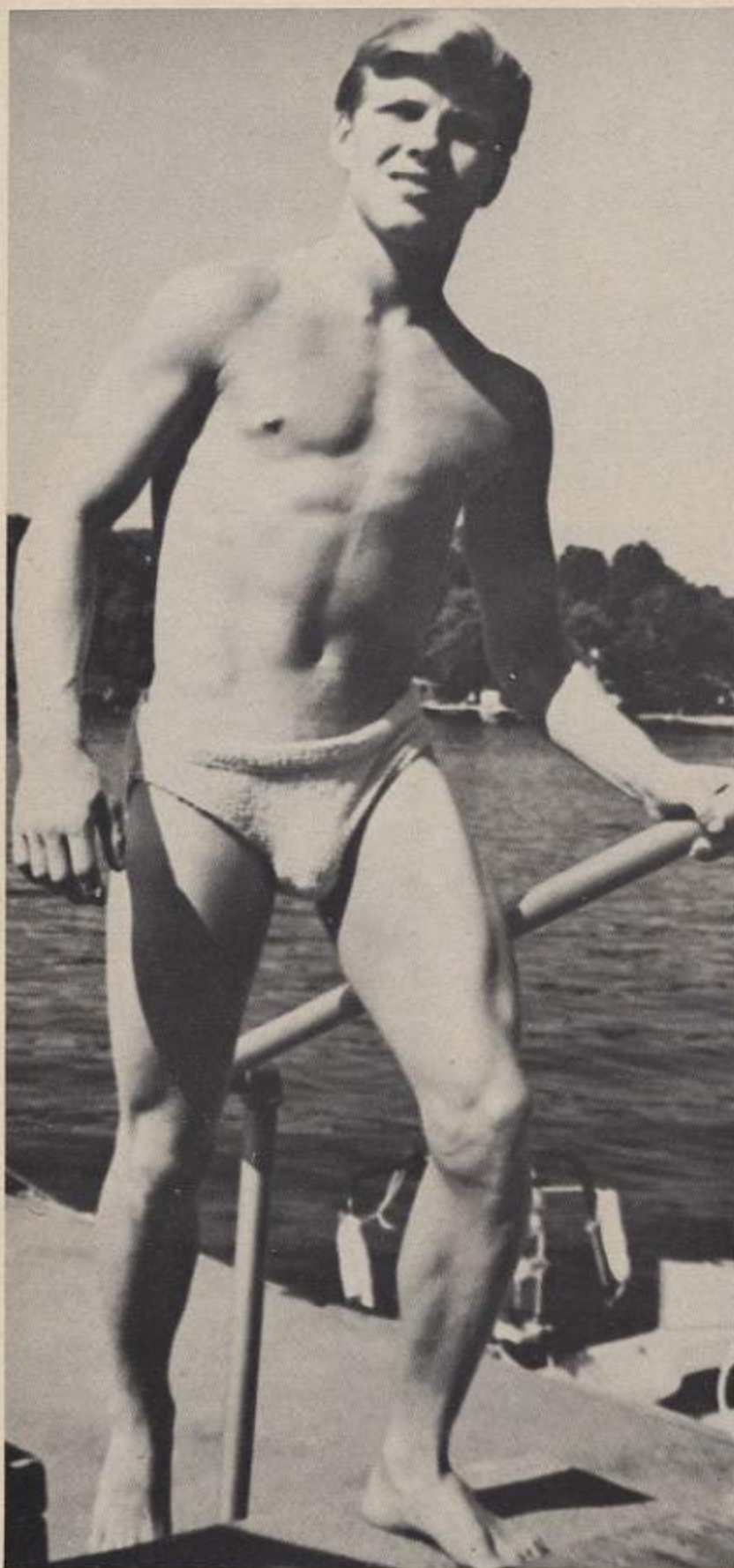


Is it the sandwiches and soda-pop, the sun and salt air, or the sand and the sea that draw nearly 18 million people, annually, to the more than a thousand beaches that line the national coasts? Perhaps it is simply a natural instinct of mankind to free himself of clothing and get the most out of nature. Surely no pastime could be healthier for the body and the spirit than a few fun-filled hours at a favorite shore. Some beaches, such as Coney Island and Long Beach, Calif., offer recreational pleasures found nowhere else, and a trip to these



areas is a momentous enjoyment to families and people of any class or distinction. Nothing forwards the natural appearance of a person better than does the golden tones the sun can give the complexion. The healing powers of sunshine and saltwater have long been recommended for all forms of physical difficulties, and a great amount of the nation's sunbathers are as interested in the therapy of exposing themselves to the sunlight and seawater as they are in deriving the joy of being at the beach.





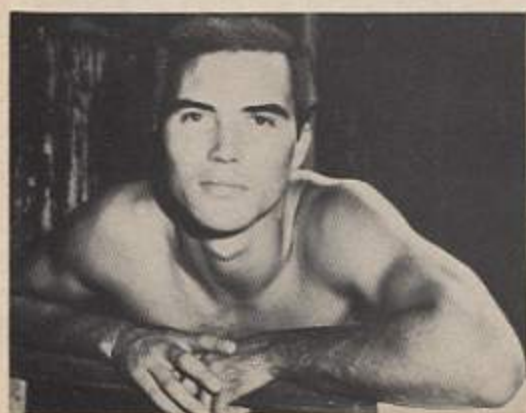
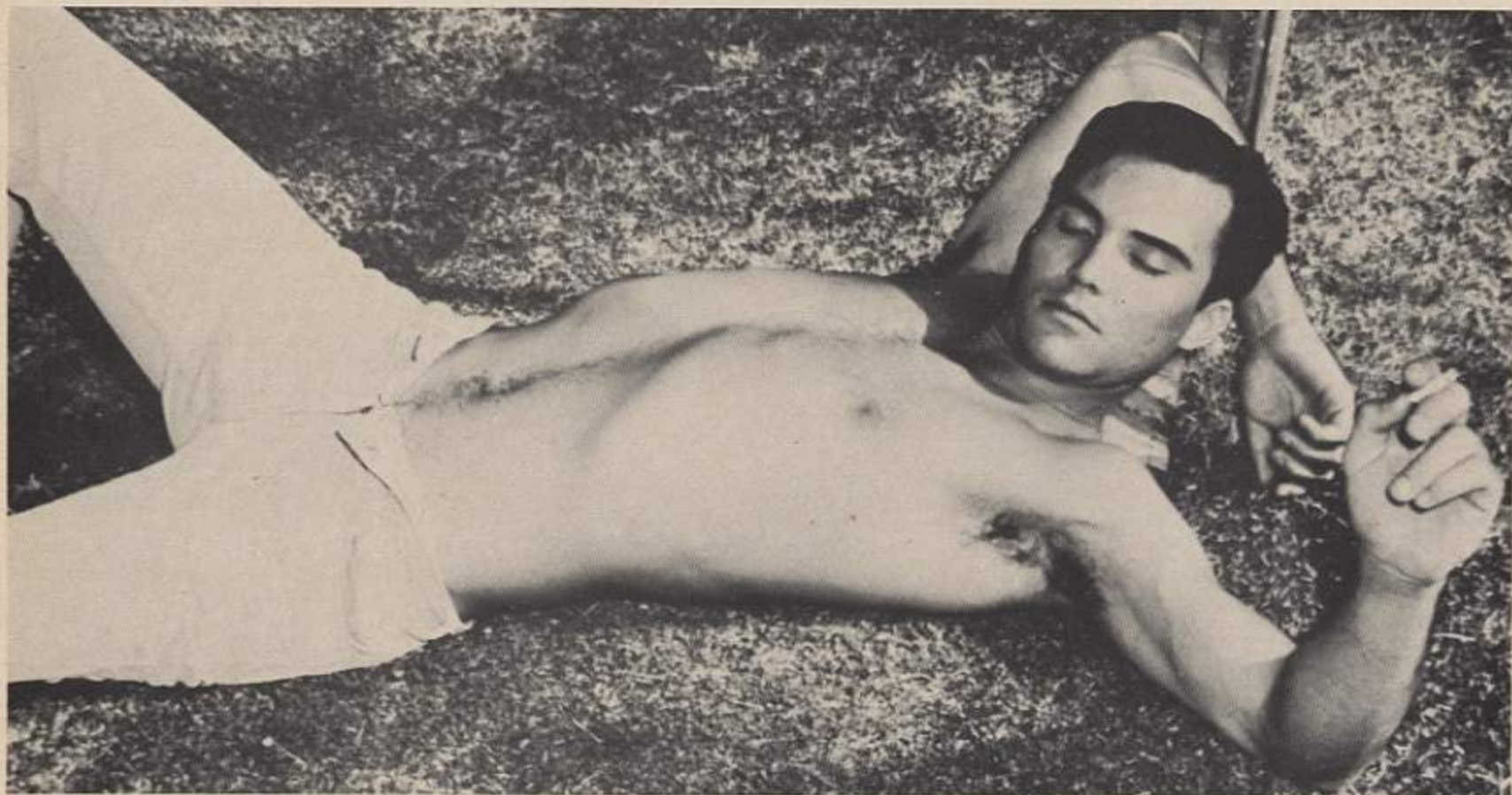
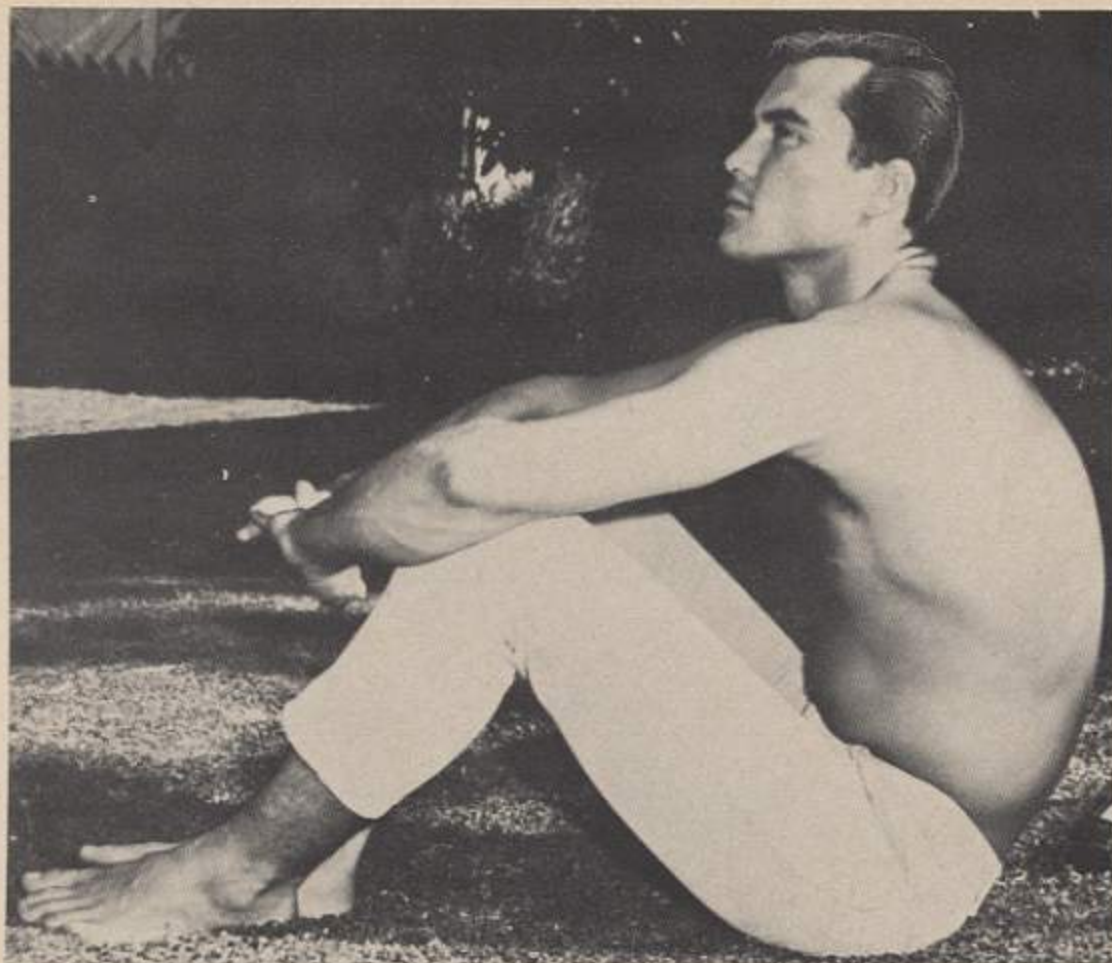
Ham radio operator, **BUDDY HOLLAND**, is as keen at precision exercising as he is at electronics. Going about things in a big way, as **BUDDY** does, he seems never to stop with action in the fun he has at the mountain lake where he camps out at every opportunity.



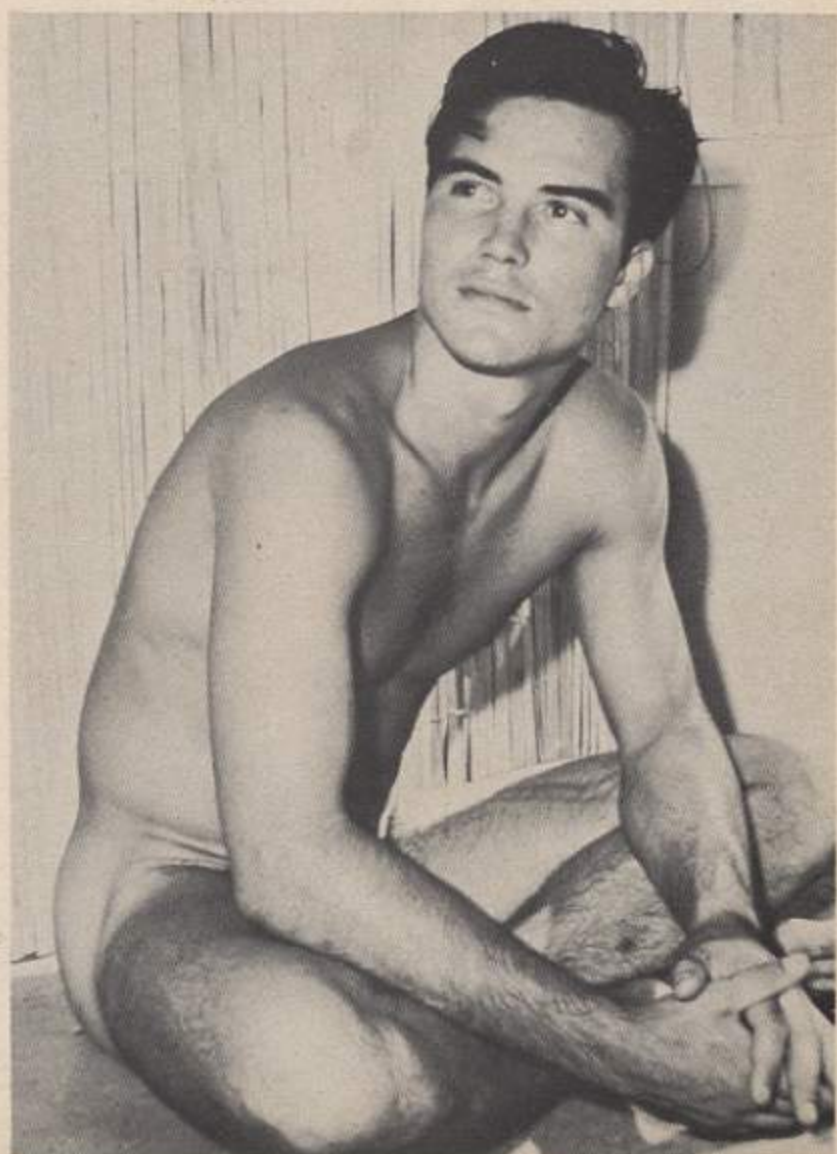
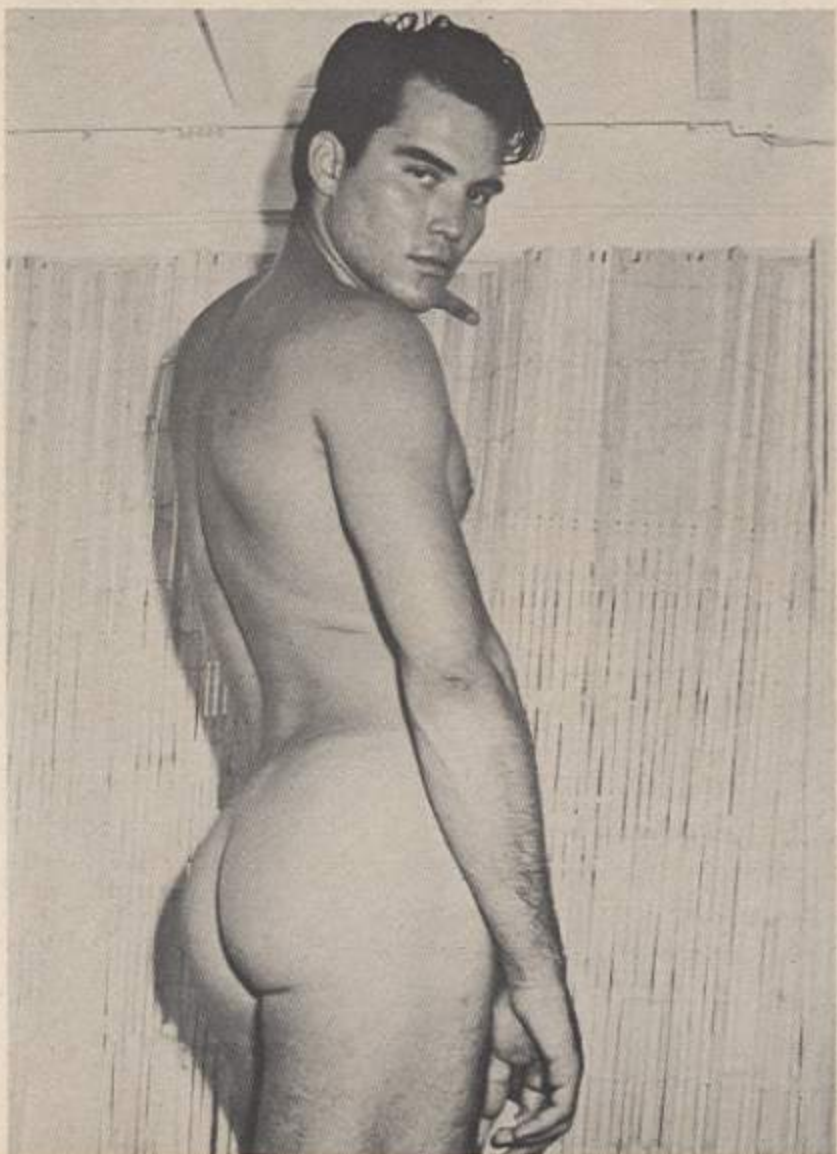
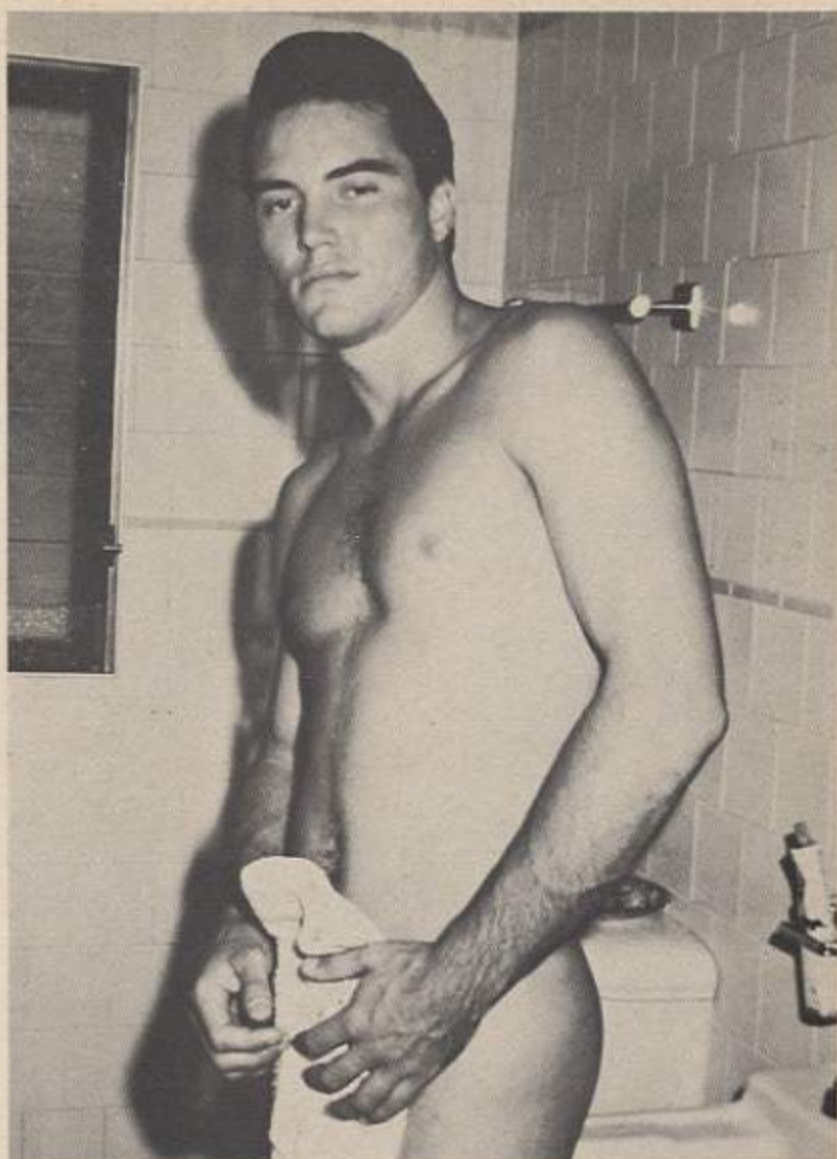


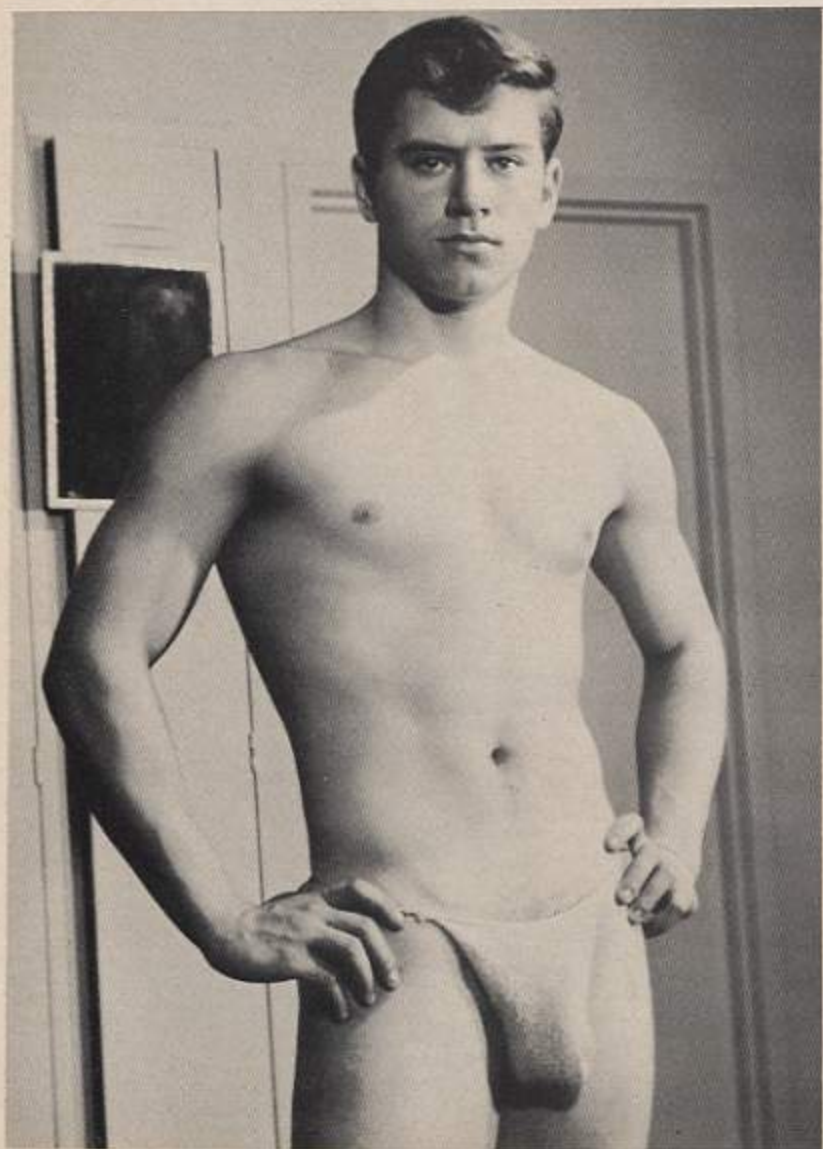
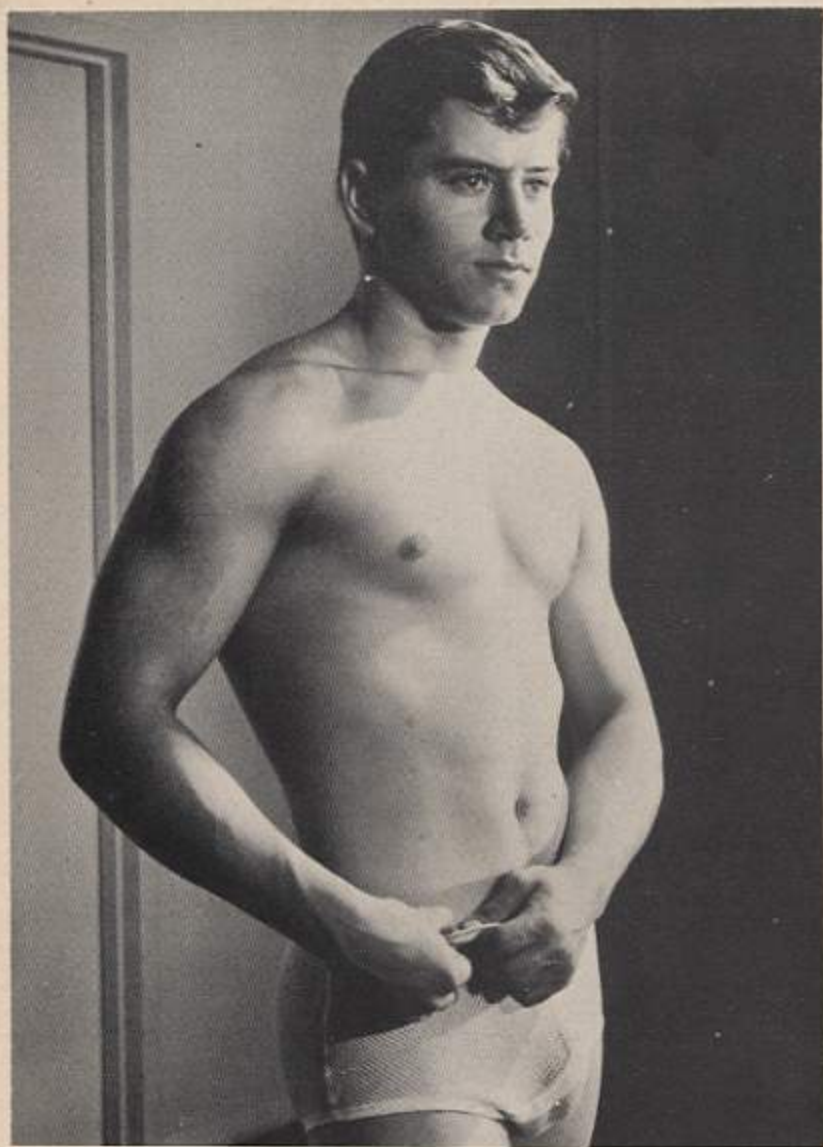


BUDDY HOLLAND'S firm, healthy body is his pride and joy. He spends every spare moment at developing himself. An avid doer of precision practices and outdoor sports, **BUDDY** is known for his easy-going, straight forward drive and his love for fun.



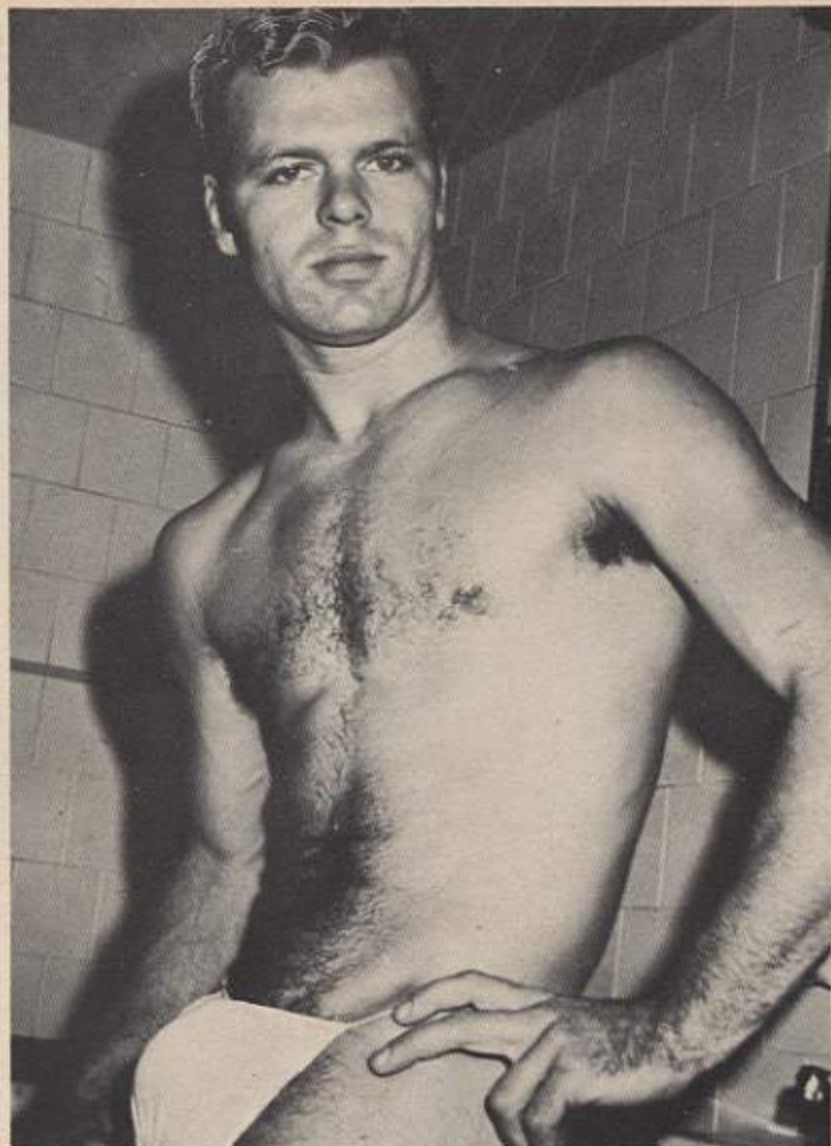
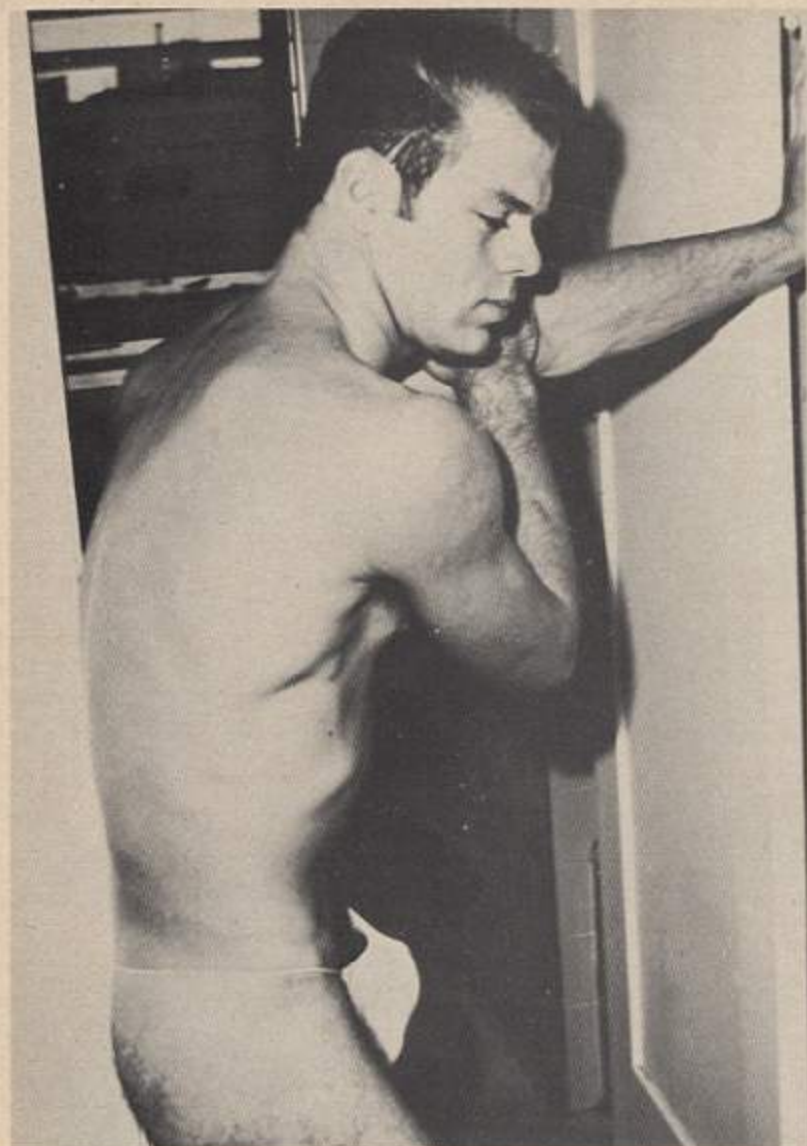
California woodsman, DOUG JACKSON, is an ideal partner for the outdoor-minded physical enthusiast. A superb mountain climber, DOUG has mounted every prominent peak in the western U.S. Donning swim-trunks, DOUG spends some time with light sports and swimming on the West Coast beaches.

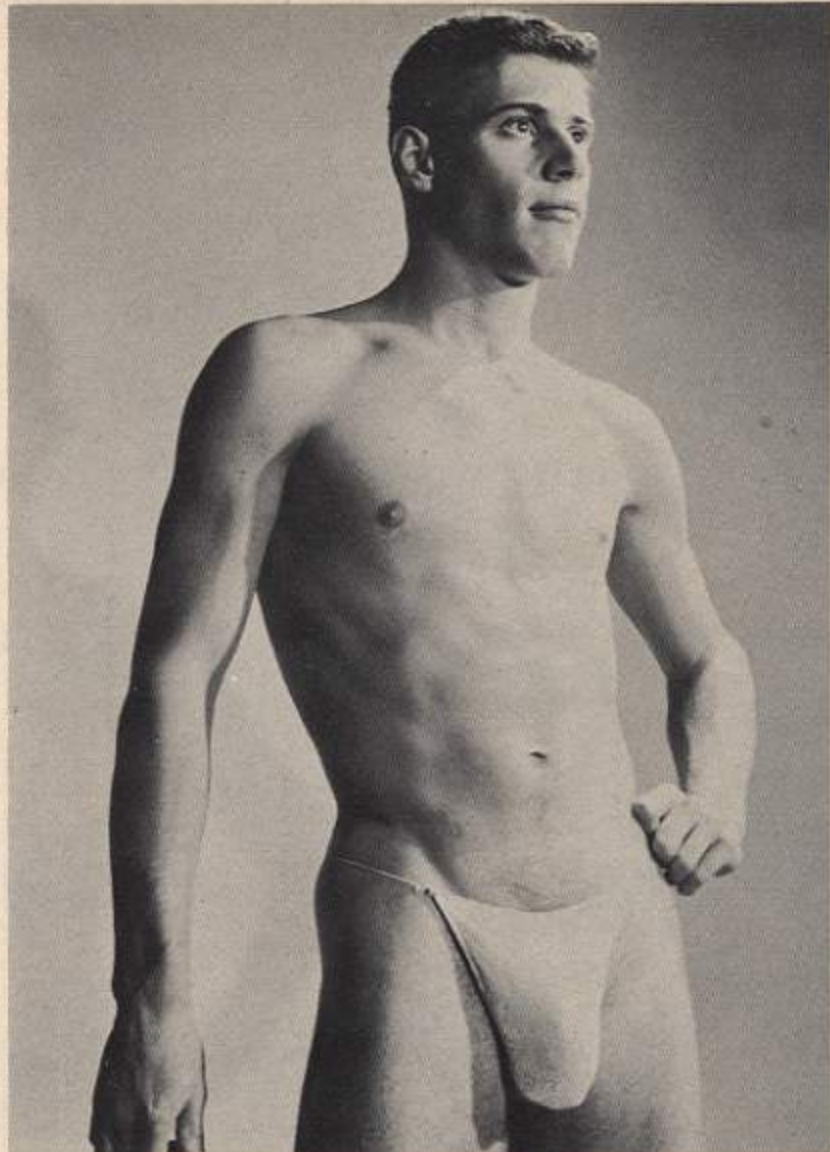




The hard labor of the Longshoreman has left it's obvious muscular mark on youthful SKIP HAMMER. SKIP calls the sandy stretches of Long Island's beaches his home, and can be found there, anytime, running, wrestling or just digging for clams—Skip's favorite pastime. SKIP was a high school football hero and is still in demand when his buddies get together for a game.







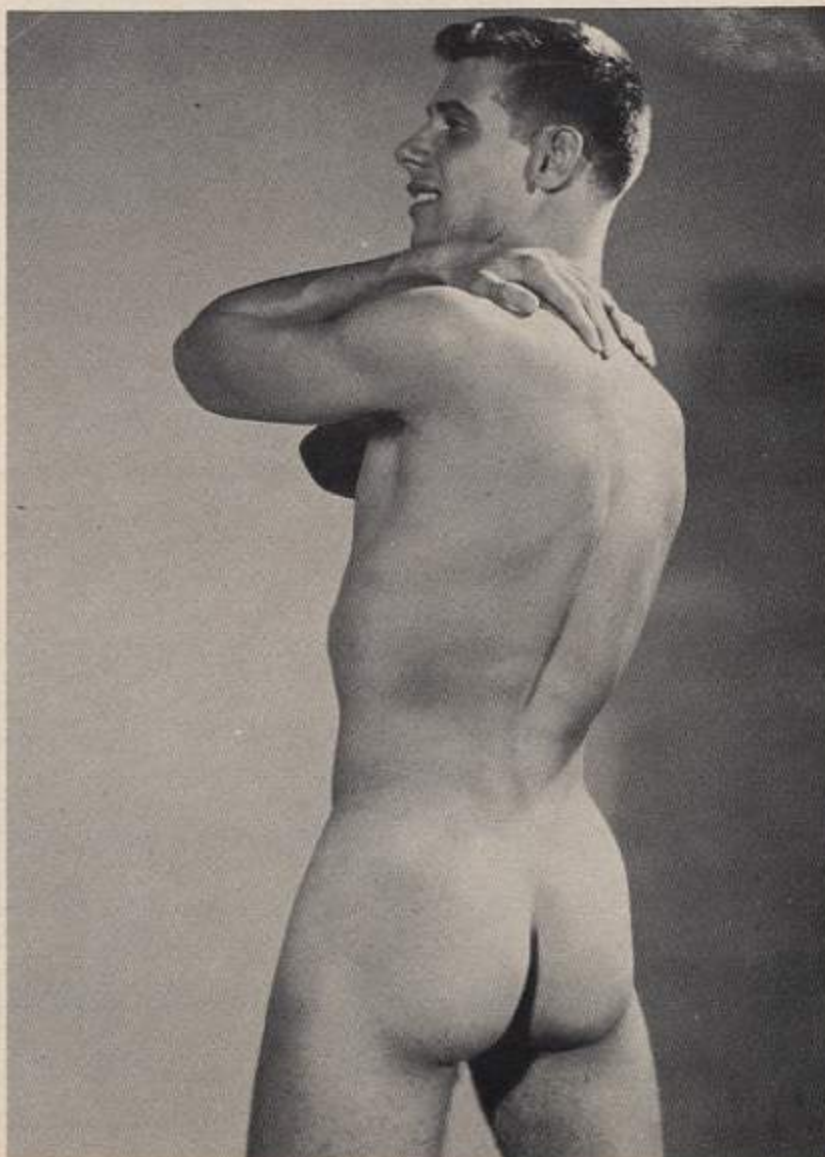
Bob Hale

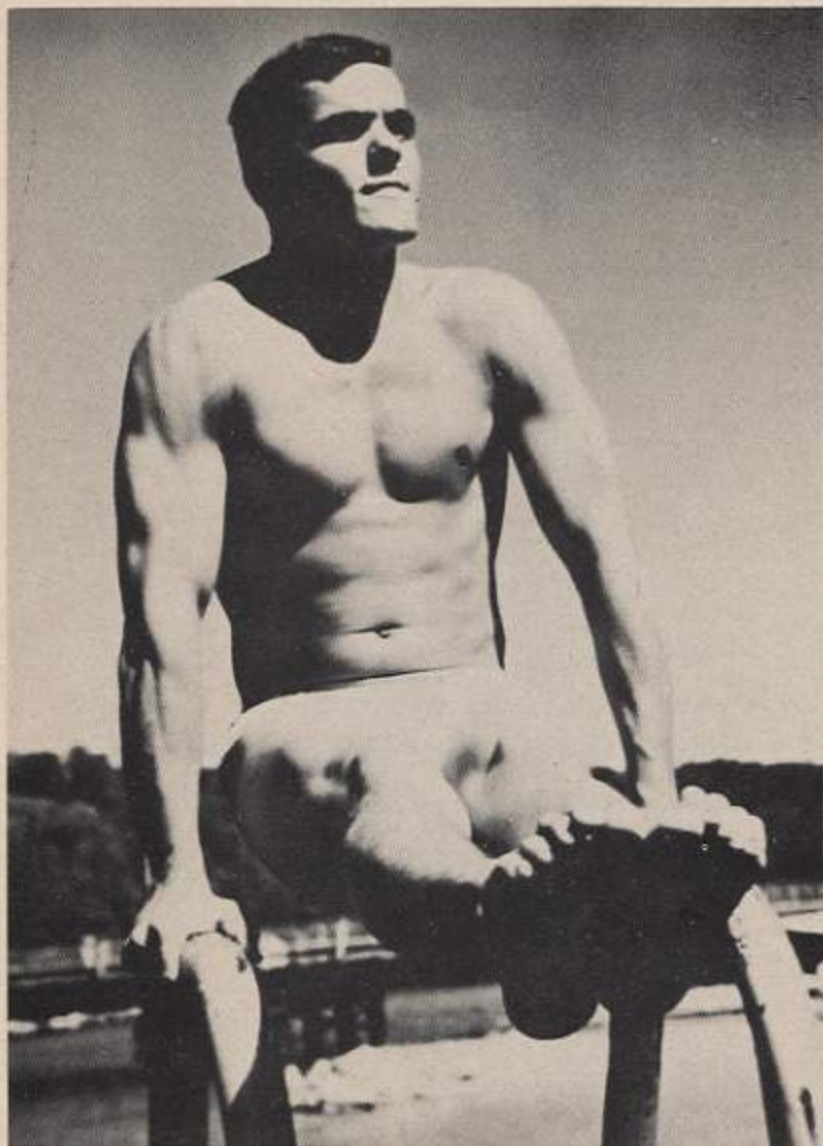
BOB HALE, another of CHAMPION'S Gymnast-models, displays the clean lines that show the Gymnast's structural development. BOB'S definition of form is no accident, as he spends great amounts of time on the rings and bars.

Chet Larson



Cowpuncher, CHET LARSON, has spent most of his young years as a hardworking ranchhand in the big cattle country of Wyoming. This virile, 5'10", 170 lb. lad knows the meaning of real work as he throws 300 lb. calves down to be branded and ear-marked, many times a day. His physical responsibility is as constant as the rigorous demands of ranch activity.





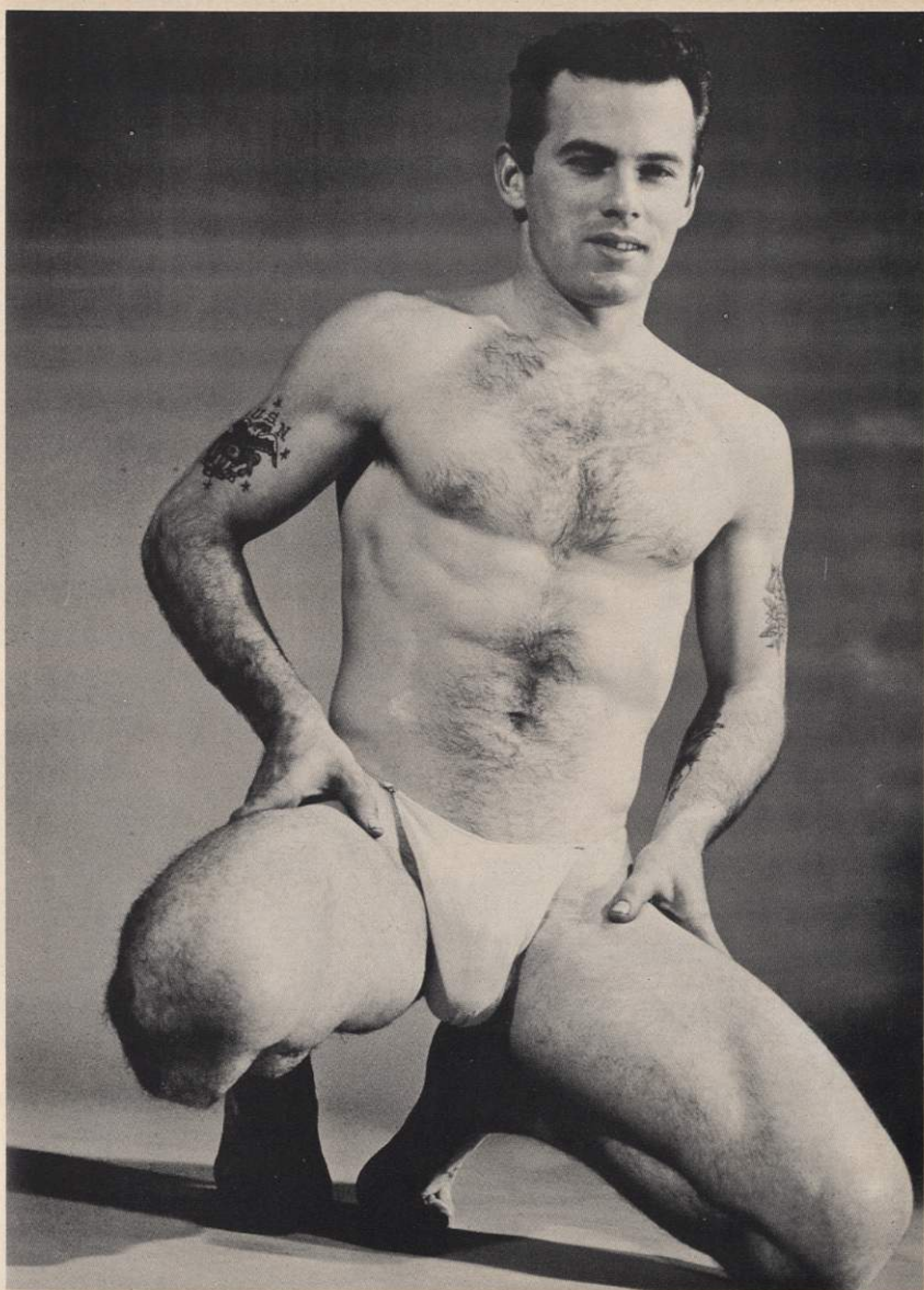
Man-of-action, **ROCK GRANGER**, possesses look and attitude of the real American he-man. An ace halfback and an exceptional swimming star are the combinations that **ROCK** offers for the physical-go that gave him his healthy, natural build.

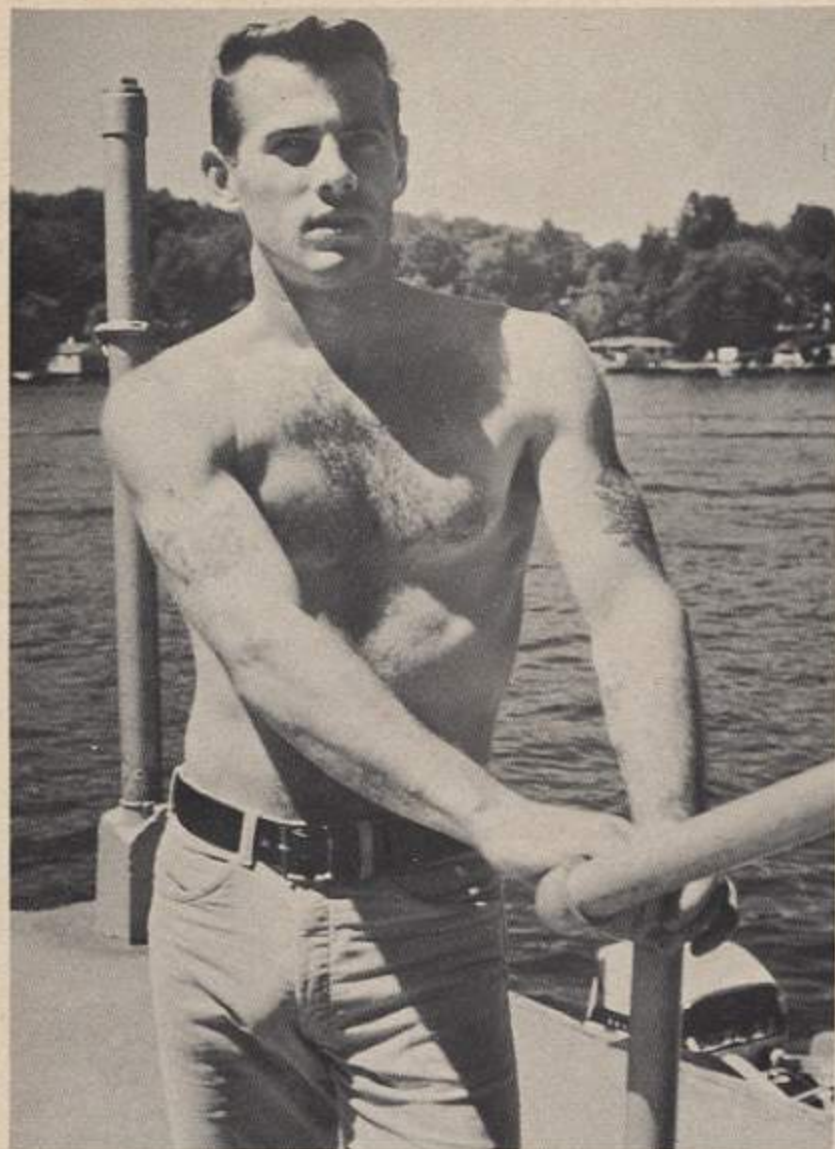


Rob Thoder

Twenty year old **ROB THODER** works on construction to keep the fitness of the form we see in his 5'11", 165 lb. physique. Studying now for a career in engineering, **ROB** plays as strenuously as he works at construction. A leading surfer and an exciting model are extensions of the hard-working **ROB'S** character.









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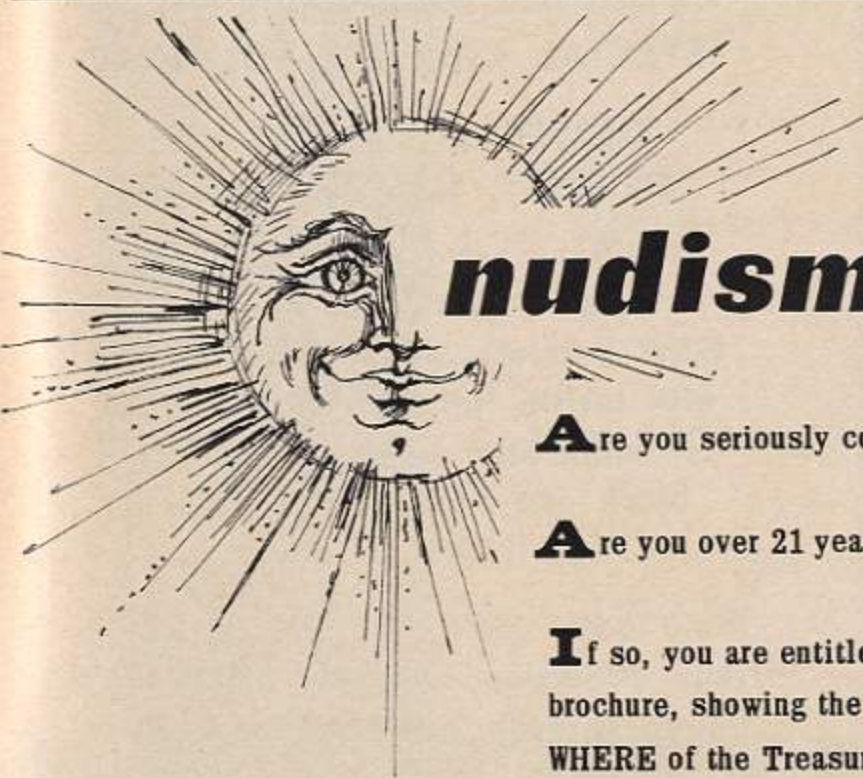
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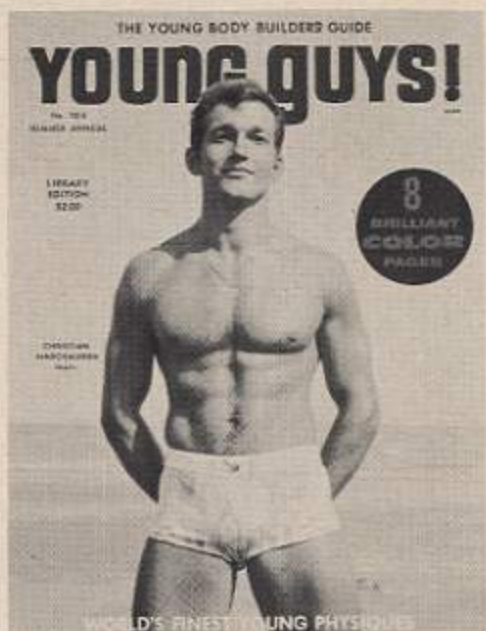
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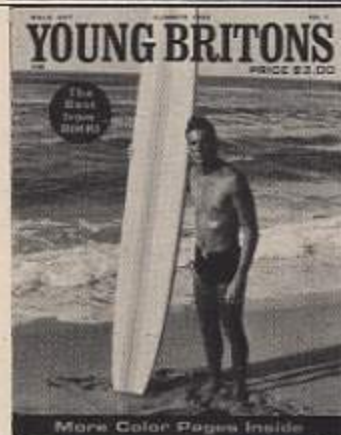
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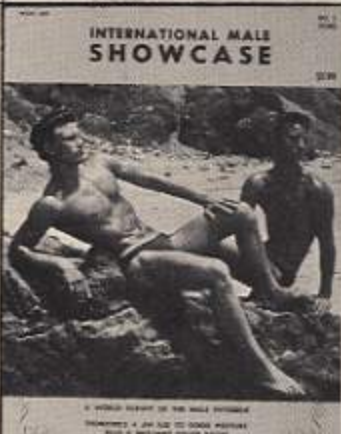
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GARTH SINGER
by: CHAMPION



Round, distinct muscles and love for the sun, set off the good looks of GARTH SINGER. GARTH explodes with energy in a variety of exercises from track and field to motorcycling. An expert mechanic, GARTH has also taught himself to play the guitar.

A black and white photograph of a muscular man, Rod Bauer, in a locker room. He is seen from the back, wearing white briefs, and is pulling the waistband down to his ankles. He is standing in front of a locker. A mirror in the locker reflects his face as he looks back over his shoulder. To the left, a pair of jeans is hanging on a rack. A sign on the wall to the right reads "WASH ROOM".

WASH ROOM

ROD BAUER
by CHAMPION

A full-page photograph of a man from behind, standing in water. He is wearing white briefs and holding a large, red, inflatable pillow behind his back. The background shows a body of water and a small building in the distance.

ROB THODER
by: CHAMPION